

# Granite City Journal

MEMBER: SUBURBAN NEWSPAPERS OF GREATER ST. LOUIS

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TWENTY CENTS

## Back to School

### Tentative agreement reached

GRANITE CITY — Schools in District 9 are scheduled to open at normal time this morning (Wednesday) based on an expected strike-ending vote by the teachers Tuesday evening.

A tentative contract agreement between negotiators for the Granite City School District and the American Federation of Teachers was reached at 11:45 p.m. Monday.

Teachers were scheduled to meet at 7 p.m. Tuesday at the Granite City High School auditorium and vote whether to end or continue the strike.

If the teachers vote to end the strike, the contract will be voted on this evening.

The board announced Tuesday morning that school will open today with the stipulation that both sides have to ratify the contract. Students are to report at normal school time Wednesday.

Shirley Stoll, president of Illinois Federation of Teachers Local 743, said union rules require 24 hours between presentation of a contract and the ratification vote, but a strike-ending vote would allow school to begin today rather than waiting the extra day.

"We are anxious to get back to school, too," she said. "We are not monsters."

Stoll said she couldn't predict the vote of the membership, but said she and the committee recommend ratification.

"We were negotiating Monday and making progress, but there wasn't time — the board members had to get to their public forum," she said. "So we agreed to resume after their forum, and reached the tentative agreement late last night," she said Tuesday morning.

Parents and students were advised by the board to listen to radio and television late Tuesday to be assured there are no changes to the plans.

School secretaries, also on strike, will return to school with the teachers, according to the board at Monday night's public forum.

## Binding arbitration had been planned

By Mike Myers  
Staff writer

GRANITE CITY — The District 9 School Board's team put negotiations on hold Monday evening while the board held a public meeting.

A standing-room-only crowd packed the auditorium at Granite City High School to hear the board members Monday evening. Halfway through the scheduled program, the crowd was brought to its feet.

"Our last proposal before (See STRIKE, Page 10A)



**PUBLIC FORUM:** Dressed in camouflaged fatigue pants, John Blaylock, a senior at Granite City High School, asks the school board members about the status of the scheduled

January graduation. He is to report for duty in the U.S. Marine Corps immediately following graduation. He was assured he would graduate on time.

(Staff photo by Patrick Foley)

## Former fireman faces multiple arson charges

VENICE — A former Venice firefighter has been charged with five counts of arson in a series of fires at abandoned homes here.

Harold C. Koelker III, 22, 207 Hampden St., was arrested by Illinois State Police shortly after 5 p.m. Friday. He was ordered to hold on \$100,000 bond at the Madison County Jail.

According to Venice Fire Chief Willie Dumas, Koelker had served as a probationary firefighter for the department but was removed last spring when he failed to get his license.

## Coke plant tax money frozen

By Nicole Vaughn  
Staff writer

NAMEOKI — Granite City Township will get no tax money from the Granite City Steel coke plant, at least for a while.

Nameoki Township officials asked for and received a Circuit Court temporary restraining order Monday against Granite City Township.

The steel mill's big blast furnace department was annexed by Granite City in 1987.

"I don't want to stop money school system or the sanitary district," Nameoki Township Supervisor Harry Briggs Sr. said. "I just want them to hold onto the monies that would

come to our township."

An estimated \$100,000 in tax revenue from the coke plant is being held in escrow until a final decision in the townships' battle can be reached. A hearing is slated for Oct. 6.

"We're continuing the fight and we hope to win," Briggs said.

Another tax issue, the recent quadrennial reassessment, was also discussed. Residents and township officials agreed that there was a great deal of confusion surrounding the county's recalculation of property values. Many hearings are being sought.

"I would like to know how they assess a home for 10 times (See FROZEN, Page 10A)

## Old Newsboys to be colorful

They are legendary for their warm hearts and even warmer smiles. This year, they will come to you in living color to brighten your life and the lives of thousands of St. Louis-area children even more.

When the 10,000 Old Newsboys volunteers step onto their street corners at 6 a.m. Nov. 17 to sell the special Old Newsboys Day edition of the *Suburban Journals*, the first light of day may be just creeping over the horizon. But the volunteers, who will be collecting money for children's charities, will shine brightly enough to be mistaken for the rising sun.

(See NEWSBOYS, Page 10A)

## Reviews and previews

### Downtown plans solid as concrete

Downtown dreams have begun to take concrete form with the construction of the Downtown Model Block on Niedringhaus Avenue, between Edison and Delmar avenues. Old sidewalks are being ripped up and new sidewalks, curbs, street lights, benches and trees will be put into place by Theims Construction Co. in a project that will last four to six weeks.

### Madison aldermen dispute wards

Madison's two black aldermen disagree with a City Council vote to place all property annexed by the city in the last few years into the Third Ward. The land, which has no residents, is situated along Illinois 203 from the McCambridge Avenue viaduct and extends to and includes the Gateway Midstate Truck Plaza. Fourth Ward Aldermen Norris Horton and Charles Rockett are vowing to fight the issue in court if necessary.

### Madison site set for Huck's

The Huck's Convenience Store chain has purchased a lot in the 1200 of Madison Avenue as the site for a store. The new Huck's will employ six to 15 workers. The site had been occupied by Chris Kaye Plastics Corp.

## 50 years ago

Thursday, Sept. 29, 1938

Granite City Steel announced yesterday that the reorganization made necessary by the installation of strip mills, under way for several months, is practically complete and no further personnel displacements are contemplated. The labor force is now 2,048.

## Tip of the hat

### Principal choice

Parkview School Principal Nancy Marti has been selected to appear in "Who's Who in American Education 1988-89." Marti also serves as District 9 testing coordinator and is a member of the District Curriculum Committee. She served as principal at Prather Elementary School and assistant principal at Coolidge and Grigsby junior high schools. Selection for "Who's Who" is based on professional accomplishments and leadership.



Nancy Marti

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## Deaths

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## Corps of Engineers, state will help Metro East

Second of a series  
(See related editorial)  
By Bill Winter  
Staff writer

As the song says in the "Music Man" play and movie, "There's trouble, trouble, trouble right here in River City."

What trouble? The problem involves too much water — from river flooding, stormwater runoff and underground streams and seepage.

River City? Make that river cities — such as Cahokia, Cen-

## Trouble in river city

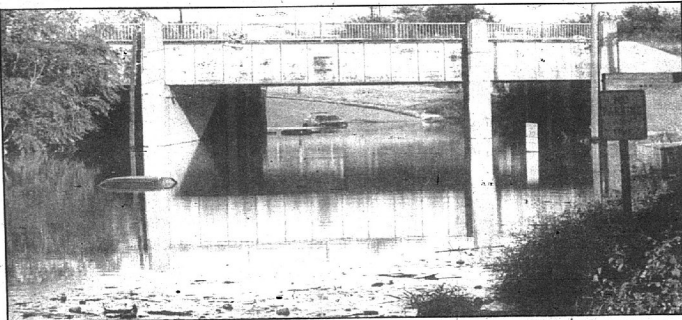
treville, East St. Louis, Caseyville, Washington Park, Fairmont City, Venice, Madison, Granite City, Pontoon Beach, Mitchell.

Is the trouble real? Yes, and it's getting worse, officials say. "Can it be remedied? Yes, if there is a positive response by the public in the Nov. 8 election."

The reality of the flooding-drainage threat to the future of Metro East and its homes and businesses has been recognized by many, including:

The federal government, its Army Corps of Engineers, the Illinois state government's legislative and executive branches, and a fast-growing number of citizens and officials.

Director Donald R. Vonnahme of the Division of Water Resources, Illinois Department of Transportation, has informed legislators that: "In federal fiscal year 1988, Congress authorized the U.S. Army Corps of Engineers to participate in eliminating the currently estimated \$23 million operations and maintenance backlog at the Metro East San-



**METRO EAST FLOODING** in October 1986. This picture was taken on Broadway, East St. Louis, looking toward the Eads Bridge.

(Staff photo by Bonita Gower-Tillman)

tary District.

"This authorization is contained in Report 100-498 in House Joint Resolution 395."

"The federal government will be responsible for 75 percent (\$17,250,000) of the construction costs, and the MESD will be responsible for 25 percent (\$5,750,000)."

(Regarding) a proposed groundwater pumping project for the American Bottoms area, the current estimate of cost is \$8 million. The federal government would provide (75 percent) \$6 million.

"All of the wells and pumps can be placed on lands which are currently in public ownership — city, townships, counties, MESD — and there should be no actual cash outlay for the lands easements or rights-of-way."

"The current estimated value of the publicly held lands is \$1.2 million."

"This leaves \$800,000 of non-federal cash required to implement the project. I (Director Vonnahme) have agreed to cover the \$800,000 capital cash requirement with state funds."

Bruce Barker, chief of program development for the Division of Water Resources, has echoed Vonnahme's commitment to the groundwater-reduction plan and to the dredging, repair and reconstruction program.

Speaking in East St. Louis, Barker outlined the \$23 million and \$8 million projects, stressing that \$21 million for urgent improvements here can be obtained by shouldering \$5,750,000 of that total at the local level.

Bonds could be avoided by

raising the local amount over a five-year period, 1989-1993, he explained.

If there is inaction, and the American Bottoms region then is ordered by courts to proceed with the essential drainage work on its own, the Nov. 8 choice could be summarized as a question of "pay me now or pay me later," officials assert. They add:

(OR PAY LATER.) If they fail to act now, it seems certain Madison and St. Clair counties will have to pay the entire cost of the projects, plus inflation, plus bond interest — a total exceeding \$40 million, six or seven times the 1988 cost.



# Pentagon's revolving door retirees defended

By Lee A. Friedman

WASHINGTON — A kind word, please, for Revolving Door at the Pentagon.

When people retire from the Department of Defense to work for the agency's contractors, the taxpayers usually come out ahead.

Yes, the Penta-Gate scandal will be making headlines for many months. But the trouble isn't the informal system under which private industry benefits from the ex-bureaucrats' years of experience at the Defense Department.

No, not at all. Instead it's when insiders illegally sell information about Company X's proposals, for instance, pricing or technical solutions, to help Company Y win bids over Company X.

I've spent 28 years in honest, legal government contracting. And I still believe the revolving door is a godsend for defense officials and taxpayers alike because:

- Old Pentagon hands know defense requirements better than complete outsiders do.

- Well-connected contractors will dispense free advice to the government in hopes of winning contracts. This feedback beefs up the specifications, helps the Pentagon do its job, and gives taxpayers more for their money.

- The present system is fairer than headline-grabbing congressional claim. The truly "wired" contract is a myth.

Our Pentagon's revolving door duplicate useful practices common in the rest of the government and in private industry. Significantly, most of the people passing through the revolving door aren't \$200,000-a-year smoothies but engineers and other "techie" with special skills, information, and insight.

I have relied on these people. Don't take them away from me. I have managed the design, development and marketing of automated systems worth billions of dollars. And without the

consultants. He is a government engineer about to retire.

Other engineers might call Mr. T. or Ms. T. in technical skill. But this guy knows where the "wires" go: the cables and microwave links in the existing military telephone systems. He's aware of their routing and configurations.

Mr. T. will be more valuable to me, and indirectly to the taxpayers, than another engineer who has spent most of his life designing phone systems for the suburbs.

**No need to bribe Pentagon officials for facts normally provided gratis! If a naive but greedy contractor spends thousands of dollars on this inside information, my honest peers and I will laugh.**

revolving door and access to inside information, I would be handicapped to provide good solutions to government-defined problems — defense, health and public service programs.

Let's say I'm a contractor who develops a sophisticated telephone system for voice and computers. In nine months a government agency might issue a solicitation for a project right down my alley. I locate Mr. T. short for "techie" — through a professional association or classified ad or even one of those infamous

Neither Mr. T. nor I will break the law. He won't lobby for my company with his old buddies, not for the two years required by statute. But he'll provide me with much-needed technical advice and vital inside information about the military's existing telephone system and the accompanying bureaucracy.

What's more, having hired qualified people like Mr. T. my hypothetical company has gained a reputation for knowing defense telephone requirements in general. And so I'll be on the list of

"pre-qualified contractors" to whom government will turn for advice on refining specifications for a planned phone system. I will not be depending on an engineer who designed the phone system for Potomacville, but on one with real Defense Department expertise.

Since I may need to verify the accuracy and completeness of the government's preliminary specifications to gain a competitive edge, I may invest thousands of dollars to set up a lab to study the proposed system's strengths and failures.

The result? Mr. T. and my other researchers may find that the system's satellite or microwave links are vulnerable to radiation of one kind or another. And we can warn the government to change its specifications.

Yes, I'll have been on the inside track — "wired," if you must — but I may have saved taxpayers millions of dollars. What if the government-proposed communications system had proved unreliable and required costly corrections?

As for being wired in, in the old Washington tradition, the connections are not nearly as solid as Congress and the press believe. I myself have lost my share of "sure things" in real life, but I've also won contracts away from supposedly well-wired companies seeking contract renewals.

I've come up with a corollary to Murphy's Law. The original law said that if anything can go wrong, it will. Lee's Law says, "If anything can deprive you of a contract, it will."

Of course, even without him, I can get a lot of inside information before the official solicitation went out. A well-meaning government manager might provide it for free because:

- This carrot will increase his chances of getting bids from qualified, experienced companies who can informally help him strengthen his specifications.

- With good firms he stands more of a chance of developing a reliable, radiation-proof phone system.

No need to bribe Pentagon officials for facts normally provided gratis! If a naive but greedy contractor spends thousands of dollars on this inside information, my honest peers and I will laugh.

## Bedfast need doctor visits

To the editor:

This letter is hopefully to draw attention to a situation that exists in our county that could be easily remedied by just a little of a few doctors' time.

People who are bedfast do not have any physicians who will make a house call.

The only way a bedfast patient can be seen by a physician is to call an ambulance and be transported to and from either the doctor's office or the emergency room.

With the amount of doctors

listed in our phone books, it would appear to me that, by allocating maybe one week a year to each, or less, they could give the community or county a great service.

I, for one, know of several bedfast, at-home patients who would certainly appreciate the service.

We have a bedfast patient in our home and she is seen by a nurse, once a month, but that is not a doctor. I'm not talking about free; they would be paid fees. GRANITE CITY MAN

## Letters policy

The Granite City Press-Record welcomes letters to the editor. The newspaper provides the "Letters" column to give readers an opportunity to voice opinions on various items of interest. Letters should be brief. Typed letters or letters that are neatly written are given priority treatment. Preference is also given to locally originated letters, but letters from outside the area are accepted.

Each letter must be signed and include the telephone number of the author. Authors may be called for verification purposes. Authors' names may be withheld on request but the newspaper prefers to print names. There should be a clear reason given to the newspaper for why any name should not be used.

Letters are used as space permits in each of the three issues per week. The Granite City Press-Record reserves the right to edit letters. Letters may be edited to conform with the newspaper's standards of style, punctuation, grammar and spelling. Long letters may be shortened. Letters containing libel will be edited to delete the libel or not used. The letter's tone or content will not be changed.

To participate, send your letters to: Letters to the editor, Granite City Press-Record, 1515 Delmar Ave., Granite City, 62040

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## Coping with river requires action

Second of a series  
Old Man River can be a friend or foe. He must be respected, because he is immensely powerful. He can be successfully lived with in these bottomlands, but it is necessary to add an "if" — if Metro East residents act wisely and at the right time.

The mighty Mississippi is threatening to reclaim this area, experts say. Action by the public, this year, is imperative.

The experts cite water-related problems here, including river floods in 1973 and 1986, the increasing runoff from nearby bluffs and uplands, the existence of less open land that can absorb moisture, and a significant rise in the underground water table, damaging sewers and property.

There has been a decline in the assessment base of the Metro East Sanitary District (MESD), whose predecessor district was formed in 1907 in response to the disastrous flood of 1903.

The decrease in property tax revenue has prevented MESD from keeping its canals, ditches and channels functioning properly, and has blocked MESD from keeping its lift stations, gates and pumping stations in good condition.

Unless excess water can be drained or pumped into the river, allowing the levees to do their job, our lowlands could become untenable. Metro East would no longer be a viable place to live, play, work, shop and transact business.

The U.S. Army Corps of Engineers has done much to help the river bottom region, as the Corps has just pointed out. But the bottomland "bottom line" is: Still more must be done, by the Engineer Corps and State of Illinois along with action by MESD voters Nov. 8.

A mid-1930s drought period reduced the Mississippi's flow to 35 percent of normal,

halting waterborne commerce entirely. The 1988 drought reduced the natural flow to 15 percent of normal, but barge traffic continued at 90 percent of its all-time record tonnage.

In the spring of 1973, heavy downpours of rain produced a record flood crest at St. Louis of 43.3 feet, hampering the Tri-City Regional Port and other enterprises. In the fall of 1986, with even heavier torrents of rain, the St. Louis crest reached only 39.7 feet, thanks to two new flood control dams the Corps constructed after 1973.

Trumped Dam, on the Osage River, absorbed inflows of hundreds of thousands of cubic feet of water per second. Cannon Dam, on the Salt River, accepted 70,000 cubic feet per second while releasing no water. That combination trimmed several feet off the crests, saving millions of dollars in flood damage and preventing a new record crest at St. Louis.

Other helpful man-made factors were the system of navigation locks and dams from Granite City to Minneapolis, mammoth reservoirs in the upper reaches of the Missouri River, and hundreds of small dikes (regulating works) extending from the banks into the rivers.

Despite all this, an MESD gate broke Oct. 4, 1986, forcing evacuation of 1,000 East St. Louisans and causing \$18 million damage.

Authorities say a similar break is possible at any point along MESD's series of 27 floodgates, jeopardizing lives, homes and industries throughout Metro East.

Where will the powerful Mississippi River go next? Anyone who wants to, unless local citizens take action now to defend themselves, their families and their economic future.

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## Breast cancer clinic scheduled

One out of 10 women will develop breast cancer, the second leading cause of cancer deaths for women. However, the earlier the detection of the condition, the greater the survival rate.

St. Elizabeth Medical Center, Granite City, said that as part of the ongoing Health Options for Women (HOW) series, the Radiology Department will offer a free Self Breast Examination/Mammography Clinic on Wednesday, Oct. 5, at 7 p.m. in the Wellness classroom at the Going Strong Wellness Center.

The clinic will be conducted by Patti Senior, a trained radiologic technician, specially trained in mammography. She will show slides of actual mammograms.

Also, self breast examination will be taught and participants will have the opportunity to try

self-breast examination on a special breast model.

"Every woman is at risk of breast cancer," said Charlotte Swanson, RN, coordinator of SEMC's HOW program. "But studies have determined some factors that can identify women who statistically have a greater-than-average chance of developing the disease."

The risk factors include:

- A family history of breast cancer, particularly of a sister, mother, or maternal grandmother.
- A personal history of breast cancer.
- Childlessness or delaying the childbearing, having a first child after 30.
- Beginning in the late 20s, the risk increases with age, leaving women 50 and older at greatest risk.

## Nurse honored for Busch Stadium work

St. Elizabeth Medical Center's associate health nurse, Pat Davis, RN, has received recognition as an outstanding Teamworker at Busch Stadium, where she is in her third season working part-time in the first-aid areas.

Her name was on the scoreboard as the award was presented in a special on-field ceremony before the Aug. 22 baseball game. Davis was elected by a management committee from Busch Stadium based on her service, attitude and appearance.

Her picture will appear on the "Wall of Fame" in the main lobby of the stadium and she will be eligible for Teamworker of the Year award competition. She also received a framed certificate, a brass clock and tickets to the game.

"It was a really neat thing to

have happen," Davis said. "I started this as my fun job for the weekends, and a way to meet Fredbird. However, it is a lot like being the associate health nurse at SEMC. I see employees with minor injuries, though they are different types of injuries like cuts from nacho cheese can lids or beer tabs."

Davis also takes care of any fans who might have difficulties. She usually sees 30 or more people per game. Most have minor injuries such as blisters, headaches, cuts and scrapes, or stomach upsets. At times, however, the injury toll mounts.

"On the really hot days this summer, we would see over 200 people in one afternoon for heat-related illnesses."

"The nice thing is that no one seems to get grumpy about being hurt. Everyone, even the

employees, is there to have a good time. It is a very festive atmosphere," Davis said. "The stadium's motto is 'Making Friends is Our Business.'"

She does get to watch the game every once in a while. "If I have a break, I'll step outside to watch a few minutes of the game. I usually try to time it so Tom Brunansky is at bat," Davis said.

She also has one more bonus with her job at the stadium. "Employees and players have to be there two hours before game time, and we all walk in the same door. So, I get to say 'Hi' to some of the players," Davis said. "One day, I got into the elevator with an older man who looked familiar. I spoke and when he started speaking, I realized I didn't really know him. I was talking with Harry Caray."

## Help sought

The Retired Senior Volunteer Program needs a volunteer, 60 years of age or older, to teach tote painting at the RSVP office, 2103 Iowa St., Suite A. Those interested may call 876-3223, a spokesman said.

## BUSY BEA BEAUTY SHOP

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## Bicyclist pedals Southern Illinois for cash

Paula Gonterman recently found herself doing something she had never done before. She went pedaling for money — literally.

Not that she needed the cash. But the American Lung Association sure could use it.

So the certified respiratory therapy technician from SEMC took to the streets on her 10-speed bike, participating in the Shawnee Bike Trek, a 110-mile, three-day event.

"That's the most I've ever pedaled in one day and three days," said Gonterman. "I'm pretty much of a beginner at this. It was probably too much for me to try the first time, because it was pretty hard for me. But I did it. It was fun."

The result of her efforts, besides acquiring a pair of weary legs, was \$21, which all went to a good cause.

Gonterman, a day-shift supervisor in the Pulmonary Services

Department at SEMC, took the day off from work the following day after the trip to rest, and two days later, still admitted to having sore legs.

The trek has its ups and downs, so to speak. "We were on back country road, and it was like one hill after another," she said. "That's what made it so hard. Up here, we're not used to riding on hills."

It was a journey that began and ended in Anna, Ill. The loop included tours through the town of Vienna and SIU-Carbondale's "Touch of Nature" camp. Forty bicyclists participated in the event; each had raised at least \$250.

"We kind of all started out together, but then the fast ones went fast and the slow ones went slow, and I was one of the slow ones," Gonterman said with a laugh.

Part of the problem stemmed from having a heavy bike.

"When I first got down there (Anna), I found out I didn't have the right bike," she said. "I have a Schwinn Maximizer 10-speed; it's an all-terrain bike. I needed a lighter one. I needed an 18-speed. I learned a lot about bikes, and what kind of bike I want."

Gonterman said she's not quite ready to ride another 110 miles next week, but "I want to do another one some time."

She thanked everyone who helped sponsor her for her latest endeavor.

"Everybody has really been nice about sponsoring me," she said.

The Better Breathers Club at SEMC helped raise money for her with profits from a bake sale and a raffle, and the Illinois Society for Respiratory Care, Chapter 7, also donated a large chunk. Contributions also came from fellow associates and volunteers.

## National VFW assignment for Lester White

Lester E. White Sr., VFW Post 7451, Madison, has been appointed by VFW National Commander-in-Chief Larry W. Rivers, of Alexandria, La., to serve as a national aide-de-camp for 1988-89.

Rivers is head of the more than two-million member organization of overseas veterans.

"It is because of the tireless efforts of civic and patriotic minded citizens like White that the veterans and the communities the VFW serves have been affected in a positive manner," he said.

"Our programs touch every citizen in the community, veteran and non-veteran alike."

"I am pleased to make this appointment because I know he will do an outstanding job for the Veterans of Foreign Wars, the veteran and the community."

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# THE LEADER

Downtown Granite City






## Heart group — a 'gift of life'

The American Heart Association is helping southern Madison County honor the memory of loved ones, neighbors or business associates through a "gift of life."

Bernice Moore is the chairperson of southern Madison County's memorial program.

For a contribution to the American Heart Association, Moore sends an appropriate card from a donor to the recipient of the donor's choice. The person receiving the card also gets a thank-you card to mail back to the donor acknowledging the donor's thoughtfulness.

To make a memorial to the American Heart Association in southern Madison County, persons may contact Bernice Moore, 512 N. Filmore, Edwardsville 62025.

## March of Dimes to crown queen

The March of Dimes ninth annual queen coronation and dance will be held at the Collinsville Holiday Inn on Saturday, Nov. 19. Last year, nearly \$9,000 was raised to help in the fight against birth defects.

Single girls, seventh grade and older, are eligible to compete to become the March of Dimes queen for a year. The queen is determined by the contestant raising the most money for the March of Dimes.

Contestants, with the help of their sponsor, raise money by selling tickets to the coronation and dance, selling program ads and holding special events — bake sales, yard sales, etc.

The queen will have an opportunity to represent the March of Dimes at various functions throughout the year.

Many prizes will be awarded to the queen and first three runners-up. Every contestant will be awarded a gift for participating. There will also be prizes for those in attendance.

This year, the March of Dimes would like to have 12 to 15 girls competing in the coronation.

Proceeds raised in this event will enable the March of Dimes to continue funding programs aimed at preventing birth defects.

Those interested in becoming a contestant or obtaining additional information may call 344-1897 or 344-2548.

## Weight Watchers plan open house

The Granite City Weight Watchers open house will be held the weeks of Oct. 3 and 10.

It will be held Monday at 6:30 p.m., Tuesday at 5 p.m., and 7 p.m., and Wednesday at 10 a.m.

The Weight Watchers' open house during the first two weeks of October is free of charge. Granite Citizens attending will take part in an actual Weight Watchers meeting and personally have an opportunity to talk to the local class leader who herself has succeeded on the Weight Watchers program.

Participants will see firsthand the type of group support that is the hallmark of the Weight Watchers program while previewing the results of the Weight Watchers new Quick Success Plan.

The new 1988 program was developed as a result of market research which indicated that consumers want a faster, healthier and easier way to lose weight.

## We're Sorry!

In this Week's Sight 'n Sound sale circular, we advertised Hoover heavy-duty vacuums and Concept vacuum cleaners on sale for \$129.99 and \$159.99 on page 10. Due to a printing error, the key letters in the photo are incorrect. The copy is correct. The vacuum labeled "C" in the photo is actually the vacuum on sale for \$159.99 and "D" is on sale for \$129.99.

We regret any inconvenience this may cause you.

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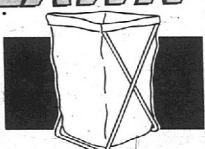


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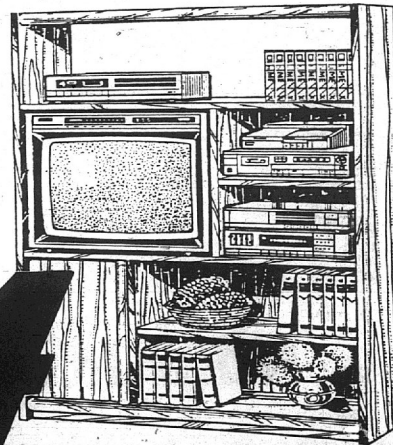
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## Workforce growth 'unprecedented'

WASHINGTON — In terms of prosperity, productivity, and safety, "the state of the workforce in 1988 is good and getting better, the best it can be," said Secretary of Labor Ann McLaughlin.

McLaughlin stressed that while we can be proud of our past accomplishments, we must "help those whom prosperity has not yet helped."

She indicated the workplace will change significantly in the coming years, demanding greater skills of workers and increased cooperation among labor, management, and government. This change will provide unprecedented opportunities.

If America meets these future challenges, she said, "for the first time in our history we can offer a job to everyone who is ready, willing and able. The critical issues are skills, training and education."

Delivering the second annual "State of the Workforce" address before the Chicago AFL-CIO, McLaughlin cited the creation of more than 17 million new jobs since 1982 and declining unemployment as good news for workers.

She said "unemployment has been cut in half. Hasn't been lower in 14 years. In fact, since 1982, the United States has created 10 times as many jobs as Britain, Germany, Ita-

ly, Canada and Japan combined."

She added that real median family income is at a record high.

She discussed the increasing role of minorities and women in the workplace, noting that "the number of black Americans with jobs reached its highest level in U.S. history last month."

One-sixth filled by blacks, another one-sixth by Hispanics, and over half of women.

She said manufacturing output reached an all-time high and exports set records last year.

The job injury and illness rate in this decade is low, she said, and even in the dangerous mining profession "accidents and fatalities are at all-time lows."

McLaughlin said the issue is not the number of jobs but the number of skilled workers to fill those jobs. She noted that "the unemployed will be the underskilled." To ensure that the nation never faces a "workforce deficit" of skilled employees, she called for "partnerships between public and private enterprise, federal and local interests."

She outlined the respective roles of government, workers, managers, and unions. Government, through programs like those under the Job Training

## Sexual abuse of young children usually by someone they know

By Helen Robinson

Teaching children to be aware of strangers might be a good way to help keep them from harm. But experts say about 90 percent of children who are sexually abused are abused by someone they know and trust.

It's time, these experts say, to teach kids the facts without teaching them to be paranoid.

"Parents really need to teach their children that they have rights," said Tish La Rock of the Sexual Abuse Management Clinic at Cardinal Glennon Hospital in St. Louis.

"So many times you'll say, 'Go give someone a hug and kiss,' and the child resists. But we don't respect their position. They don't always want someone hugging on them if they don't know them," she said.

"A child needs to be taught early, about 3 to 5 years old, that he has control over who touches him. They learn from their own instincts who to resist." Many community organizations, sexual abuse centers and clinics have programs which teach the "good touch, bad touch" lesson. Such programs are designed to show children how to identify when someone has done something wrong to them.

And children also learn to tell a trusted adult that someone has touched them — touched in a way that has made the youngster feel uncomfortable.

Experts say children need to hear from their parents that they don't have to show affection to someone they don't want to. Parents also need to rehearse what a child should do if he or she finds something wrong.

"Parents have to be honest and teach their kids this actually happens," La Rock said. "They need to rehearse who to go to in case it does. And they need to tell their kids what to say to the perpetrator."

Children will oftentimes feel "trapped" between the perpetrator and the family. Because children fear no one will believe them, many incidents of sexual child abuse go unreported.

"Some kids feel like mom and dad wouldn't believe them," said La Rock. "They are afraid they'll be blamed for what happened. But if you teach them at a young age what is right and what is wrong, they are going to come to you and say, 'Hey, somebody gave me a bad touch.'"

While experts agree the problem of sexual child abuse should be discussed between parents and children, they also fear the

problem can cause the wrong reaction.

"Sometimes there is a backlash response when a case of (child) sex abuse turns up in a small community," said Jo Warfield of the Illinois Department of Children and Family Services. "People fear letting their child climb into bed with them, because they might be accused of abuse. When people get that paranoid, the children don't get the amount of affection they need."

Carol Wilson, a spokesman for the Women's Crisis Center in Belleville, agreed.

"People get really frightened and they shut down their feelings," she said. "But children need love. It is up to parents to show them the right and the wrong touches, pats and feelings."

Prevention of sexual child abuse starts in the home. With the number of cases growing each year, experts say the only way to stop the abuse is through discussion and confrontation of the problem when a child is about 3 years old.

"If we can face the facts — that it happens — we can cut down the number of cases," said La Rock. "And maybe I'll work myself out of a job."

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## •Trade

(Continued from Page 5A)

the delegation met meeting with Li Xianna, chairman of the People's Consultative Congress. Thompson and the delegation also arranged to meet Winston Lord, U.S. ambassador to the PRC, for a briefing on Sino-American relations.

Finally, they took a side trip to meet with city officials.

## Parks Airport names Roach director

John B. Roach has been named airport director of St. Louis Downtown Parks Airport, Cahokia, it was announced by R. Raleigh D'Adamo, executive director of the Bi-State Development Agency, which owns and operates the airport.

Roach had been airport manager since September 1984, and acting director since August 1987. He replaces Lawrence Mulendore, who moved to Naples, Fla., as executive director of Naples Municipal Airport.

As airport director, Roach is responsible for the safe operation and development of the airport and adjacent business park. He is a retired Air Force Lt. colonel. He, his wife, Lois, and their two sons, Michael and Matthew, live in Trenton, Ill. St. Louis Downtown Parks is located in Cahokia and Sauget, seven minutes from the Gateway Arch.

More than 165 aircraft are based at the airport, which can accommodate the entire spectrum of business jet and propeller aircraft flying.

The all-weather airport is open 24 hours a day, seven days a week. It is a "reliever" airport, helping to reduce light aircraft congestion at Lambert International Airport. It is the busiest general airport in Illinois outside of the Chicago area.

The airport has no landing fee

or tax subsidy. Revenues come solely from "fowlage fees" relating to fuel sold, and from rent or commissions paid by the 77 tenants there.

1987 East-West Gateway Coordinating Council study showed the airport's annual economic impact on the surrounding area to be \$57 million.

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**Attendance Prize** Lunch On Grounds  
**TURKEYS - TURKEYS - TURKEYS**

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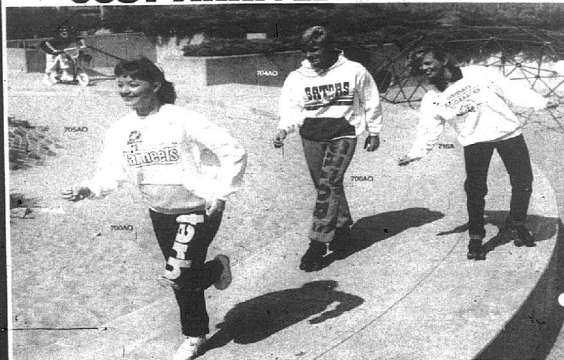
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## Counseling vital to reduce abuse

When a case of sexual child abuse has been discovered, those involved may feel they are alone, and facing a horrible dilemma with no one to turn to.

But there are many sources of help available to them. The increase in abuse cases over the years has caused a lot of agencies to set up special hot lines and counseling groups for those affected by sexual abuse.

Most of these counseling centers are available within an individual's hometown. And once a case of abuse is reported to the Illinois Department of Children and Family Services, the department will refer an agency.

Recent surveys show one in every four adults were sexually abused as children. And that's a conservative estimate, experts say, because some of the surveys showed higher percentages.

"A full 25 percent of the adult population today was sexually abused as children," said Tish La Rock, of the Sexual Abuse Management Clinic at Cardinal Glennon Hospital in St. Louis. "And almost every perpetrator we have seen (in the SAM clinic) was abused as a child. It calls for more education on the problem, and counseling for everyone involved is the only hope of stopping it in a family."

Counseling for abusers often is deemed mandatory by the courts. But in general, over the years society has swept the issue under the rug because it is simply too awful to face the reality, La Rock says.

It wasn't until the 1960s that abusers and the abused began looking for help. "The level of reporting and acceptance has gotten better since the early 1960s," said Jo Warfield of the Illinois Department of Children and Family Services (DCFS). "The media played a big role in reporting some major cases of sex abuse, and the first movie that dealt with sexual abuse prompted a record amount of reporting."

Aired for the first time in 1984, the nationally televised movie of the week, "Something About Amelia," quickly became the movie of the year. It dealt with the discovery of sexual child abuse within a middle-class family where the father was abusing an adolescent daughter.

Warfield said that one showing set the wheels of awareness into motion. Phones at the child abuse hotline "rang off the hook for weeks," and the problem was finally out in the open. "Reports and proven cases have steadily risen ever since," she said. "And we have been able to aid a lot of people who have come to us for help."

If a case of abuse is found within a family, it is important that all family members get involved with the therapy, said Carol Wilson of the Women's Crisis Center in Belleville. "Even if only one child has been abused, the other kids in the family don't understand what's going on," Wilson said. "The best bet is to try and involve the entire family, so that the problem doesn't have a chance of happening again."

Sadly, in a high percentage of cases, families tend to break up. But experts say a strong family that seeks counseling can overcome the problem.

And it is important that children who are abused get therapy and counseling, La Rock said. "Children in this situation don't really think anyone will believe them," La Rock said. "They need to be believed and told that what has happened is wrong. Otherwise, they carry the same trait into their adulthood. And it is quite possible they will become an abuser."

"The only way to stop the problem of sexual child abuse is to confront it. Face it. And deal with it," she said. "I fear that until we can deal with it, it will continue to grow within society."

Causes of abuse can be reported to the DCFS abuse hotline, 1-800-25-ABUSE.

Samuel L. Gradford has been appointed director of equal employment opportunity for the Bi-State Development Agency, effective Sept. 19, it was announced by R. Raleigh D'Aanno, Bi-State executive director.

Gradford has over 12 years of experience in equal employment opportunity and affirmative action as well as other facets of human resource management. He has held management positions in personnel and industrial relations in the St. Louis private sector, and also worked for the Urban League of Kansas City. Gradford holds bachelor's and master's degrees in psychology from the University of Missouri at Kansas City. He is a resident of St. Louis.

As director of EEO at Bi-State, Gradford will direct an equal employment opportunity program that ensures compliance with the requirements established by law, regulation and agency policy.

He will coordinate and direct the agency affirmative action program; review agency policies, plans and procedures as related to equal opportunity; review personnel actions; maintain contact with equal opportunity compliance agencies; and investigate complaints of discrimination.

The Bi-State Development Agency has almost 2,000 employees, most of whom are in the Bi-State Transit division. Gradford will perform EEO duties for all employees, including not only transit, but also those at St. Louis Downtown Parks Airport, the Gateway Arch tram system and garage, port coordination, and resource recovery.

Unions "must continue to look forward and make issues like child care, education and retraining" part of their organizing and collective bargaining agendas, she said.

Managers, she said, must look "beyond the next quarter's profits" to explore new management techniques giving workers a greater role in company decision-making. Companies need to

become involved "in schools, families and community programs, and in problems ranging from teen pregnancy to substance abuse. Employers will find that offering such benefits as child care, parental leave, literacy training, and worker retraining will pay off in a competitive advantage."

Workers must look "beyond next week's paycheck" and find employment security in their ability to be flexible, adaptable, and retrained for the occupations of the future.

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## Vietnam veterans air complaints

Vietnam veterans bombarded a Veterans Administration official with complaints at a briefing on Agent Orange Wednesday night.

Agent Orange contained dioxin, a highly toxic chemical that may cause cancer, birth defects, tumors, and other health problems.

The military sprayed more than 12 million gallons of Agent Orange in Vietnam between 1961-72 to destroy foliage and food supplies of North Vietnamese forces.

Dr. Don Price, liaison officer for the John Cochran VA Hospital in St. Louis, explained the agency's screening procedure for Agent Orange poisoning. The meeting was at VFW Post 1308 in Alton.

Price served two tours in Vietnam, but that did not satisfy many of the 200 veterans at the meeting. To them, he gave the same bureaucratic line they had heard before from the VA.

"I was tested in 1982 for Agent Orange, and I never got any results of the test," one veteran told Price. Other veterans voiced similar complaints about the lack of any follow-up by the VA.

Vietnam veteran and Post 1308 Commander Jerry Howard, who set up the meeting, said it was what he expected.

"You can ask the VA a defi-

nite question, but you will never get a definite answer," he said.

Veterans complained of cysts, tumors, birth defects in their children and other problems they feel resulted from Agent Orange, but they said they had received no satisfaction from the VA, its medical staff or hospitals.

"Why is the VA afraid to commit itself? They just won't tell you anything," a veteran shouted.

Price urged patience among the veterans, assuring them things are changing. He asked each one with a problem for their names and said he would get them an answer.

In the meantime, Price urged every veteran to be checked for Agent Orange poisoning. Price said the chemical traveled through the air over great distances.

"I think if you were in Vietnam, you were exposed to Agent Orange," he said.

The screenings require two trips to a VA hospital. On the first trip, the veteran completes paperwork that will be filed in the VA's Agent Orange registry in Washington, D.C. He is given lab tests and a chest X-ray.

On his second visit, a doctor does a complete physical exam. Price said each veteran will be advised of the exam results.

## Marquette lodge open; reservations pouring in

The Pere Marquette Lodge was open on a limited basis last week, and reservations were pouring in, a lodge employee said.

The restaurant is open, the employee added. The opening surprised the Illinois Department of Conservation, which had not yet announced the opening.

Ron Chazem, of the Department of Conservation, said lodge employees are working out last-minute problems at the lodge and with the computer reservation system.

The state closed the lodge near Grafton two years ago for renovations and expansion.

The \$10 million project remodeled the 12 rooms in the lodge and the 22 cabins around it. The state also built 38 new rooms onto the lodge.

The restaurant was expanded to include a new banquet and meeting room. An indoor swimming pool, exercise room, sauna and spa, cocktail lounge, game room and outdoor tennis courts were added.

The lodge was to have reopened in July, but construction delays postponed the opening until last week.

Chazem said the state turned the lodge over to the new manager, Andrew Lombardo of Midwest Property Management of Jacksonville, earlier this month.

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		P235/75R15	\$66.68

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P205/75R15	\$55.50
P205/75R15	\$59.75
P215/75R15	\$63.00
P215/75R15	\$66.25
P225/75R15	\$69.50
P235/75R15	\$72.80

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### Senior birthdays

**JESSIE SAYERS**, seated, 2729 Dale Ave., is honored at the July 28 meeting of the Chouteau Township Senior Citizens Club. Sayers was 83 on July 31. Other members celebrating July birthdays gathered around Sayers and sang "Happy Birthday." She was presented with a life-time membership card and a corsage of pink carnations. Club members also celebrating birthdays were, standing from left, Lucy Colbert, Avalon Young, Sally Segag and Carl Aldridge.

### Methodist Women honor presidents at meeting

The United Methodist Women of Niederrhousen United Methodist Church met in the church parlor for their monthly meeting.

President Phyllis Bills presided. The Rev. Ralph Totten gave the opening prayer. Bills invited members to a conference meeting to be held at Mount Vernon, Ill., meeting Oct. 1.

Past presidents of the unit were honored. They were: Dorothy Frohardt (1951-51); Elizabeth Briggs (1952-58 and 1974-75); Dolores Allen (1978-79); Sharon Eliebracht (1980-82); and Shirley Lane (1983-86). Eliebracht now resides in Littleton, Colo.

Also recognized were Gladys

Potillo and Louise Potillo of the Dewey Avenue Methodist Church. Both women were presidents at Dewey Avenue. All the women were presented with a corsage and a scroll.

Lane presented a program on "World Thank Offering," assisted by Elizabeth Briggs, Louise Potillo, Dolores Vogeler and Kathleen Offt. Offt accompanied the group during singing, and Juanita Brown read poetry honoring the past presidents.

The centerpiece was a decorated cake honoring the past presidents. Esther Circle was the hostess for the meeting, and there were 25 in attendance.

### New Salem to hold song fest, revival

The New Salem Missionary Baptist Church, 1349 Klein Ave., Venice, will hold an "Old Time Song Service," at 7 p.m. Sunday.

Guests have been invited.

A revival will be held Oct. 10 through 14, beginning at 7:30

nightly. The following preachers will preside: Monday, the Rev. Charles Reggie Fields; Tuesday, the Rev. Eddie Williams; Wednesday, the Rev. Ronnie Keller; Thursday, the Rev. Lonnie Roberson; and Friday, the Rev. John Oliver.

### Bethel organizes Pioneer clubs

The Bethel Evangelical Free Church, 2450 Stratford Lane, has announced the start of Pioneer clubs for boys and girls age 4 through 12th grade.

Parents are invited to bring their children to a kick-off ice cream social at 7 p.m. Tuesday. The program will be explained to parents of prospective club members.

Pioneer clubs will meet every Tuesday during the school year from 7 to 8:30 p.m. All children are welcome to join.

Bethel Evangelical Free Church has conducted a Pio-

neers Club program for several years. This Christ-centered program helps children apply biblical principles in everyday situations, a spokesman said. The program integrates Bible exploration, Bible memory, skill-award activities and fun to accomplish its aim.

Organizers are Wesley and Betty Talcott, Robert and Velma Myers, Sonny and Vicki Sebastian, Gerald Bergbrader, and Karen Simon, all of Granite City. Those wishing additional information may call Talcott at 876-2232 or Myers at 344-7207.

### Births

#### Clays announce birth of new granddaughter

George and Chris (Clay) Taylor Jr., 205 Evergreen St., Morton, Ill., have announced the birth of a daughter, Whitney Elizabeth.

The infant was born at 4:59 p.m. June 30 at Methodist Medical Center, Peoria, and weighed 7 pounds, 14½ ounces, and was 20-inches long.

Grandparents are Floyd (Premo) and Kay Clay, Granite City, and George and Dee Taylor Sr., Morton.

Great-grandparents are Kate Kokotovich, Collinsville; Minnie Clay, Cuba, Mo.; Sara Frank, Morton; and Douglas and Loretta Taylor, Oxnard, Calif.

#### Buengers announce birth of daughter

Scott Aaron Buenger and Elizabeth Anne (Eck) Buenger, Edwardsville, have announced the birth of their first child, a daughter, Bryttany Frances Buenger.

The infant was born at 8:57 p.m. Sept. 10 at Anderson Hospital, Maryville. She weighed 6 pounds, 12½ ounces, and was 19½-inches long.

The father is the son of Earl and Marcia Buenger and the grandson of Bea Rittenhouse, the late Elmer Rittenhouse and the late Charles and Edna Buenger.

Mrs. Buenger is the daughter of Anthony and Sharon Eck and the granddaughter of Kenneth Bishop and the late Frances Bishop.

The father is co-owner of O'Brien Tires and Service Center, and the mother is a legal secretary for attorney Mark Goldenberg.

#### Lay announces birth

Tina Lay, Granite City, has announced the birth of her daughter, Tiffany Michelle Lay, born Aug. 30 at St. Elizabeth Medical Center.

The infant weighed 7 pounds, 8 ounces, and was 20-inches long.

Grandparents are James and Debbie Lay, and great-grandparents are John and Betty Alpe, all of Granite City.



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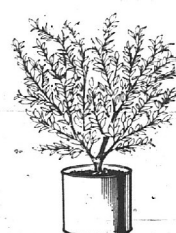
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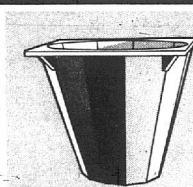


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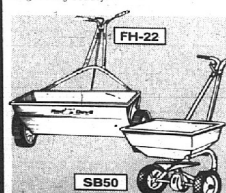
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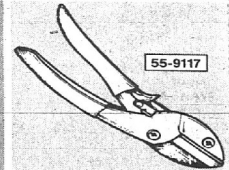
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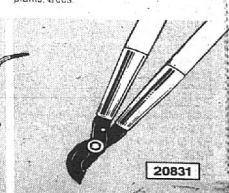
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## School notebook

### Superintendents conference

Martin J. Koldyke, chairman of the Frontenac Capital Corp., and John Corbally, president of the John D. and Catherine T. MacArthur Foundation, will be the featured speakers at the 11th annual superintendents conference Sept. 29 and 30 at the Springfield Hilton and the Prairie Capital Convention Center in Springfield.

The conference will feature group discussions for school administrators on six topics: legislation and appropriations, educational choice, reading assessment review, special education initiatives, the Illinois Alliance of Essential Schools, and legal issues.

### Pupils in library program

Thirty-one Parkview Elementary School students participated in the Granite City Public Library summer reading program.

Students taking part in the "Devour A Book" activity included:

Kelly Bernaix, Lindsey Bernaix, Kyle Bridges, Jonas Cathey, Danielle Cole, Katie Dellamano, Kellie Dellamano, Christopher Flanigan, Rachel Flanigan, Bryan Forister, Darrell Freeman.

Sherrie Freeman, Casey Gaudette, Mitchell Goldenberg, Jaimee Holder, Clarissa Holmes, Nicholas Huniak, Phillip Huniak, Chad Kleindorfer, Jason Koenig, Christopher Lemler.

Jason Lemler, Cheyenne Modglin, Starlene Modglin, Tabitha Soechtig, Jeremy Stone, Curtis Strain, Susan Tessary, Vincent Willaredt, Corey Winfield and Emily Worthen.

### College student honored

Stephen S. Branding of Granite City was recently selected as a member of "Outstanding College Students of America."

Selection is based on academic and extracurricular achievements while attending college. Less than 5 percent of all college students are inducted each year.

Branding is currently a senior at the University of Illinois at Urbana-Champaign, studying chemistry.

During his years at the university, he has been in the Marching Illini and Illini Pride, and played intramural soccer, softball and football. He is a member of Chi Psi Fraternity, and holds the position of sports chairman for the fraternity.

Branding is the son of Mr. and Mrs. Richard E. (June) Branding, Granite City.

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### 'Get-together'

PARENTS AND PTA members gathered at Marshall School for one of several get-togethers planned this year. Pictured, from left, front row, are Athalea Bugg, kindergarten grandparent; Angela, Bukva, kindergarten parent; Paul Reagan, kindergarten parent; Mary Reagan, kindergarten parent; and Lisa Morlen, PTA president. Second row, Barbara Bronnbauer, PTA member; Virginia Vollmar, PTA vice president; Mary Boone, PTA member; Betty Skinner, PTA yearbook chairperson; and Jana Boring, PTA treasurer.

### Student enrolls at Westminster

FULTON, MO. — Jon K. Lostutter of Granite City walked through the historic columns of Westminster College on Aug. 27, beginning his college career at the 137-year-old private, liberal arts institution. He is among 183 freshmen enrolled for the 1988 fall semester.

The son of Mr. and Mrs. Jon Lostutter of 3105 Willow Ave., he is a graduate of Granite City High School. He is attending Westminster on a \$2,000 President's Academic Scholarship.

The tradition of marching new students through the columns of Old Westminster Hall, destroyed by fire in 1909, was begun in the

fall of 1929. The same students will retrace their steps through the columns as graduating seniors.

Founded in 1851, Westminster seeks to educate leaders. A 1988 book by New York Times education editor Edward Fiske, "The Best Buys in College Education," profiles Westminster as one of the 200 best buys in education today.

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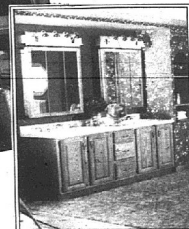
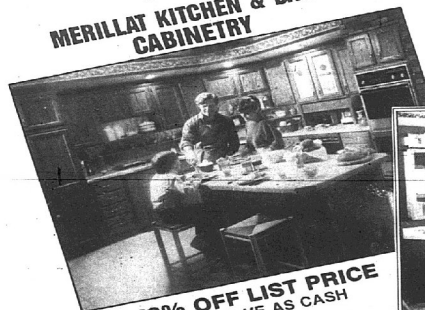
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## Strike

(Continued from Page 1)  
coming this evening was binding arbitration. You put our kids back to school."  
Board member Roy Koberna's words were drowned out by cheers, applause and foot stomping.  
The noise leveled out and Koberna continued.  
"The teachers agreed that binding arbitration is needed at this time."  
The crowd erupted again.  
"At the conclusion of this meeting we will go back to set up the details," Koberna said.  
"We'll establish when we can get back to school."  
When the negotiations resumed after the meeting, a tentative contract agreement was reached, making the arbitration a moot issue.  
The public meeting was called by the board and school adminis-

trators to present their side of the negotiations. Negotiations had continued right up to the scheduled 7 p.m. start of the meeting.

In addition to giving what the crowd took as earth-shaking news, Koberna, representing the board negotiation team, addressed the sticking points of the contract in order. Following the arbitration announcement, he continued through the list of unresolved points.

Superintendent Gib Walsmsley spoke on the issue of makeup days. He said the typical Granite City student attends 174 days in a normal school year. Administrators and the board have determined that 169 days are needed to provide students with everything necessary for promotion and graduation.

Walsmsley said that if school would start Thursday (it is now scheduled to start today, Wednesday), based on 169 classroom days, school could end June 5 as scheduled. The Easter vacation would be reduced from five to three days and scheduled parent-teacher conference days would be used as classroom days, he said.

Walsmsley said that if the start is delayed, the days would be made up by further shortening the Easter holiday and, if necessary, Christmas vacations in order to have school end as scheduled.  
Although it is not encouraged, Walsmsley said no student would be punished if he or she missed school because of previously planned commitments during those holidays.  
Koberna said that at 7 p.m.

Monday, the teachers' salary request was 8.5 percent this year and 8.5 percent next year. The board offer made Friday, he said, was a one-year proposal of 4 percent for the current semester and 2 percent for the spring semester and the reopening of negotiations next year.

He said the board had dropped its proposal that elementary teachers work an extra hour each day in order to give teachers at all levels workdays of the same length. Still at issue is playground and hallway supervision by the elementary teachers.

Board member Debbie Wilkerson said the more informal interaction between teachers and students on the playground is a special part of education that is too important to eliminate.

## Obituaries

### Carmody

Robert Joseph Carmody, 56, Oaige Beach, Mo., formerly of Granite City, died at 12:05 a.m. Sunday, Sept. 28, 1988, at Lake of the Ozarks General Hospital. He had been under a doctor's care.

Born March 28, 1932, in Granite City, he was a member of Holy Family Catholic Church, Granite City. Mr. Carmody was employed by Southwestern Bell Telephone Co. as a repairman.

Survivors include two brothers, Tom J. Carmody, Jacksonville, Ill., and John W. Carmody, Granite City, and three sisters, Mrs. Mary Margaret Ashley, Springfield, Mo., Rose Eileen Carmody, Lemay, Mo., and Mrs. Barbara G'Sell, Florissant.

Burial will be held Tuesday beginning at 2 p.m. at Pieper Funeral Home, 1929 Cleveland Blvd. A funeral mass will begin at 9 a.m. today (Wednesday) at Holy Family Catholic Church, 2606 Washington Ave., with the Rev. William Fisherkeller officiating. Burial will be in Calvary Cemetery, Edwardsville.

ters, Mrs. Henry (Ethel) White, Vienna, Ill., and Mrs. Myrtle Adams, Paducah; two grandchildren, and two great-grandchildren. Funeral arrangements are pending at Thomas Memorial Mortuary, 2205 Pontoon Road, Granite City, 876-4321. Burial will be at Maplelawn Cemetery, Paducah.

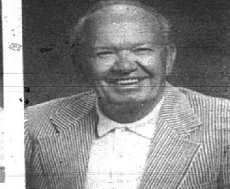
### Mendenall

Isabelle (Heinsman) Mendenall, 68, Edwardsville, formerly of Granite City, died at 3:45 p.m. Monday, Sept. 28, 1988, at Anderson Hospital, Maryville. She had been there two weeks and ill for two years. She had been residing at the Edwardsville Care Center.

Mrs. Mendenall was born Sept. 27, 1919, in Du Quoin, Ill. She was a member of First Baptist Church of Du Quoin.

Preceding her in death was her husband, Louis Mendenall, who died in 1978. Survivors include one sister-in-law, Kathryn Flauaus, Granite City.

Funeral arrangements are pending at Irwin Chapel for Funerals, 2801 Madison Ave., 877-6590.



James Moore

### Moore

James R. Moore, 64, 3148 Davis Ave., died at 9 a.m. Monday, Sept. 26, 1988, at St. Elizabeth Medical Center. He had been in the hospital for three days and in ill health for several years.

Mr. Moore was born June 24, 1924, in Hopkinsville, Ky., and had lived in Granite City his entire life. He retired from American Baking Co., East St. Louis, as a truck driver after working there for many years.

He was of the Catholic faith and a member of the Disabled American Veterans, Moose Lodge 272 and the American Association of Retired Persons. He was an Army veteran of World War II.

Preceding him in death was his wife, the former Marilyn Pittford, who died in 1973.

Survivors include one daughter, Mrs. Gary (Rita) McConnell, Durham, N.C.; two sisters, Annabelle Adams, Plainville, Ill., and Pearl Brishin, St. Louis; friend, Ella Mae Watts, Granite City; and two grandsons.

Visitation will be held from 5 p.m. today (Wednesday) at Irwin Chapel for Funerals, 2801 Madison Ave. A funeral mass will be held at 9 a.m. Thursday at Holy Family Catholic Church, 2606 Washington Ave., with the Rev. Tom Wise officiating. Burial will be at Calvary Cemetery, Edwardsville.

Shannon

Anna (Cattin) Shannon, 85, Granite City, died at 8:43 p.m. Monday, Sept. 26, 1988, at Colonial Haven Nursing Home, where she had resided for one year. She had been ill the same length of time.

Mrs. Shannon was born April 23, 1903, in Granite City and had lived here her entire life. She was a member of the First Presbyterian Church and the Gardeners Club of Granite City.

Preceding her in death was her husband, Abe J. Shannon, who died Feb. 5, 1987. They were married Oct. 8, 1922, in Granite City.

Survivors include two daughters, Marian Lipscomb, Granite City, and Mrs. A. (Margaret) Hachejian, Albuquerque, N. M.; four grandchildren and one great-grandchild.

Visitation will be held from 7-9 p.m. today (Wednesday) at Merced Mortuary, 1416 Niedringhaus Ave., where funeral services will be held at 11 a.m. Thursday. Burial will be at Sunset Hill Cemetery, Edwardsville.

To submit items: The Press-Record/Journal welcomes Calendar items, especially those of local interest. Send items to Calendar, Press-Record/Journal, 1815 Delmar Ave., Granite City, IL 62040. If accepted, items are published free of charge.

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## Model block



(Staff photo by Patrick Foley)

**RENOVATIONS UNDER WAY:** The sidewalk along the south side of Niedringhaus Avenue between Delmar and Edison avenues was removed Friday to make way for construction of the downtown model block. Sidewalks, curbs, street lights, benches and trees are planned. Plans to extend the streetscape improvements to other downtown blocks are currently being made.

## Frozen

(Continued from Page 1A)  
more than an identical one next door or in the same neighborhood," Briggs said.

Township Assessor Carl Macios has helped process more than 700 protest forms from residents during the last 20 days, Trustee Ken Davis said. Briggs

said he expected that number to rise dramatically by the Oct. 7 deadline.

"He (Macios) has been burning the midnight oil helping people with those forms," Briggs said. "I'm glad to see that people are taking the time to put money, I know that, personally,

I'm concerned."

Briggs stressed that the protest forms must be postmarked no later than Oct. 7. Due to the Columbus Day holiday on Oct. 9, the township board meeting will be held Tuesday, Oct. 11, at 7 p.m.

## Hearing on funds for governments

State Comptroller Roland W. Burris has announced that his three local government advisory boards will hold a series of public meetings in October to study the issue of funding for local governments in Illinois.

The County Municipal and Local Government Advisory Boards will meet in Champaign (Oct. 6), Rockford (Oct. 12), Peoria (Oct. 20) and Carbondale (Oct. 26).

The Advisory Boards' Special Subcommittee Studying Funding for Local Governments will elicit testimony from local government officials, revenue and finance experts and the general public.

Issues to be discussed include: The real estate assessment process, methods of collecting and distributing taxes, the impact of the Illinois tax system on local government and examination of the revenue sources presently utilized by governments in the state.

Burris said he plans to attend the hearings to learn firsthand the financial concerns of the level of government closest to the people.

Following the hearings, the subcommittee and the Advisory Board will prepare a report of their findings and possible recommendations for Comptroller Burris' consideration. The report could lead to administrative or legislative changes.

6,626 units of local government provide basic, day-to-day services that affect the lives of all Illinois citizens," Burris pointed out. "The revenue they generate allows them to educate our young people, provide police and fire protection, pave our streets, operate public libraries and provide other services which our citizens expect and deserve."

## Man charged in homicide

By Bonita Gower-Tillman

**EAST ST. LOUIS**—Lonnie Edwards, 18, of 49D John Robinson Homes, has been arrested and charged with first-degree murder and armed robbery.

He is charged in the Sept. 14 death of Mohammed Ghergab, of Madison, manager of Coffman's grocery store, 1409 Pigott Ave., East St. Louis, while Edwards allegedly was attempting to rob the store.

East St. Louis police had been seeking Edwards for questioning in the slaying when St. Louis police called to advise local officers they had been contacted on Edwards' whereabouts.

Edwards was arrested at a relative's home in St. Louis and waived extradition. He was returned to East St. Louis and

charged.

A diaper bag, the purse of Ghergab's wife and a wallet containing \$125 were recovered, said Assistant Police Chief Alonzo Perrin. Police did not recover \$65 in food stamps.

A weapon also was recovered, he said, but a report on whether it was the alleged murder weapon has not been completed.

Edwards is being held in the St. Clair County Jail. His bond was set at \$250,000.

Police have not determined if more than one person was involved in the robbery and homicide.

Perrin credited detectives Sandra Muckerturm, Evan Kyle and Ronald Matthews and Det. Sgt. James W. Cowan for developing Edwards as a suspect.

"They worked past due hours without paid compensation on the case," he said.

## Bi-State honors two employees

Two employees at the Illinois garage were named the Bi-State Development Agency's employees of the month for September.

Bus driver James Jackson and repairman David Wilson were honored for their "outstanding performance in the areas of professionalism, safety, attendance, citizenship and adherence to agency policies and procedures," said Bi-State executive director R. Raleigh D'Amado.

"Jackson, who has worked for Bi-State 22 years, has built a reputation for dependability and doing his job well and with

enthusiasm," D'Amado said.

The East St. Louisian is married, with two children and three grandchildren. Jackson is president of the St. Vincent DePaul Council at the St. Patrick Church School and Council.

Wilson "has impressed everyone with his exceptional on-the-job knowledge and skill, and his fine spirit of fellowship with his co-workers," D'Amado said.

Wilson, who joined Bi-State two years ago, lives in East St. Louis.

Someone in your family graduating? Receiving a degree? Those accomplishments should be publicized in the Press-Record/Journal. Call us at 877-7700.

## Newsboys

(Continued from Page 1A)

Just one week before Thanksgiving, the Old Newsboys will be clad in pumpkin-orange aprons trimmed in blue, courtesy of Hardee's Restaurants. The large yellow buttons proclaiming them official Old Newsboys, which are being furnished by Southwestern Bell Telephone, will be trimmed with a bright red ribbon.

There are two other bright colors being worn by the volunteers than just a festive look.

"We're really stressing the safety factor this year," said Norman R. McMullin, president of the Suburban Journals, discussing the switch from a neutral-colored to a bright-colored apron. "We want the volunteers to be highly visible when they are around traffic."

There are two other modifications to this year's aprons that should bring even bigger smiles to the Old Newsboys.

"One of the comments we've gotten in the past from volunteers was that the typical apron didn't have a deep enough change pocket, so this time we're working with Hardee's to make sure we have a deep pocket," McMullin said.

"We've also heard that the apron strings weren't long enough because they have to be tied over bulky clothing, so we've had the strings made longer," he said.

This is the second year the Suburban Journals have been the sole sponsor of Old Newsboys Day. The event was started in 1987 by the St. Louis Globe-Democrat, which ceased publication in 1986.

Last year, Old Newsboys Day raised a record \$241,700 for children's charities. In the 31 years since the campaign began, more than \$3.9 million has been distributed to children's charities.

The fact that children are the beneficiaries of every penny contributed to the Old Newsboys fund always has made St. Louis-area companies such as Hardee's and Southwestern Bell generous in their support of the campaign, McMullin said.

"We continually have people coming forward and wanting to be a part of Old Newsboys Day," he said.

Nancy Yeggy, Hardee's director of marketing, said her company chose to become involved because "we see this as a very worthwhile activity that builds the community together. Children are our future customers, and our future leaders in the community."

"Last year we participated in a small way by offering a coupon for a free breakfast to all Old Newsboys volunteers. This year we wanted to go one step farther. We see this as a wonderful opportunity for the youth of St. Louis and for Hardee's to help out the youth of St. Louis."

Alynn Glaub, division manager of public relations at Southwestern Bell, expressed similar feelings.

"We're involved in many activities that are beneficial to the community," Glaub said. "Old Newsboys Day is one of those events because it benefits so many charities, and we're happy to be a part of it."

"The reason why it's such a success is that the whole community gets behind it. People are talking about the spirit of St. Louis. The fact that so many people participate in Old Newsboys Day exemplifies that spirit."

"People don't mind getting up early and getting cold, because they know it's for a worthy cause. That's just the way St. Louisans are."

Old Newsboys Day is a tradition that has become a part of the St. Louis community. It is a day when the youth of St. Louis and the community come together to support a worthy cause.

WANT ADS GET RESULTS



## Brothers held in slaying of grandmother

White, 20, charged a grandson of Adella G. Vallerius with murdering her and her houseguest, Carroll E. "Charlie" Pieper, last Dec. 23.

Another grandson is charged with helping conceal Pieper's death.

The slayings and the concealment of Pieper's body were part of an apparent attempt to obtain an inheritance, investigators said.

Arrested on the night of Sept. 19 were Douglas K. White, 21, charged with two counts of murder and one count of concealment of a homicidal death, and his brother, Craig S. White, 18, charged with concealment of a homicidal death.

Authorities said they believe Douglas White killed Vallerius and Pieper with a stonemason's hammer on Dec. 23 and then, with his brother's help, dumped Pieper's weighted body into a lake in Edwardsville.

Pieper's car was left at Lambert-St. Louis International Airport in what may have been an attempt to convince investigators

that Pieper had killed Vallerius and then fled, they said.

The arrests culminated a nine-month investigation by Madison County Sheriff's Department detectives.

Since the slayings, the brothers had been living at Vallerius' home in Holiday Shores, a subdivision north of Edwardsville, according to Sheriff Bob Churchich.

He said Douglas White had been staying at the Vallerius home before the slayings.

Churchich said the apparent motive for the slayings was money. Sgt. Don Spaul, a sheriff's department detective, said the brothers were the only beneficiaries of Vallerius' will and stood to inherit several hundred thousand dollars.

Vallerius, 68, a retired businesswoman, was found beaten to death in her home on Christmas Eve.

Authorities began a search for Pieper, whose wallet and clothing were found in the home. Blood found in the residence led investigators to suspect he also had been the victim of foul play.

His body was found Sept. 9 in the Shale Pit, a deep lake in a secluded part of Edwardsville.

The concealment charges allege the men dumped Pieper's body into the Shale Pit to conceal his slaying.

Pieper, 68, of the Chicago area, had been staying at the Vallerius home for about two weeks before the slayings. Previously, he and Vallerius had corresponded frequently.

Churchich said information obtained after Pieper's body was found led to the charges against the grandson. He said several people came forward with information, but he declined to elaborate.

A stonemason's hammer, recovered from a garage in the residence, was used in the slayings, according to Churchich.

LT. Dennis Fischer, sheriff's department chief of detectives, said evidence indicates that Craig White did not participate in the slayings.

Douglas White was denied bail by Associate Judge Charles V. Romani Jr. Craig White was released from custody Sept. 20 on a \$50,000 recognizance bond.



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## DUI drivers' cars can be impounded

SPRINGFIELD — People arrested for drunken driving could have their vehicle impounded for as long as six hours under a bill approved by Gov. James Thompson.

The new law is intended to prevent people charged with driving under the influence from posting bail and then driving away while they still are a potential menace to themselves and others.

Local police officers would be able to decide whether to seize the vehicles.

The legislation was inspired by a man in the Chicago suburbs who continued driving shortly after posting bail on a DUI arrest and caused another person's death. The chief sponsor

was Rep. Robert McNamara, D-Oak Lawn.

Madison County Sheriff Bob Churchich said the idea behind the legislation was good but most police departments do not

have a place to hold the impounded cars and "it will create a lot of extra book work."

Some drunken drivers may still not be sober enough to safely drive after six hours, Churchich said.

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## Health care

### Diet the right way, shed pounds for good

By James Early, M.D.

Dr. James Early is a specialist in internal medicine and a member of the Illinois State Medical Society. He also is a clinical instructor of medicine at the University of Illinois in Peoria and president of Health Systems of Central Illinois, a preventive health organization. Early serves on the staffs of Methodist Medical Center and Proctor Community Hospital in Peoria.

William "Refrigerator" Perry's weight travails have become a familiar pre-season refrain for Chicago Bears football fans.

But this year the Fridge entered a supervised eating disorders program to help him shed those unhealthy pounds. I hope the Fridge is learning as much as he is dieting. As with any of us, that will be the key to long lasting success.

The Fridge isn't alone in his efforts to lose weight. Dieting is one of our country's major pastimes, yet we are still a nation of overweight people. Why?

The answer is that we need to change our approach to losing weight. We need to re-educate ourselves about food, exercise and nutrition, and focus more on long-term management of our lifestyles.

In a good, healthy diet program, the best thing about losing pounds is that it gives the dieter confidence and encouragement so he will go on to become a better student of the healthy eating, exercise and lifestyle habits that will bring long-term success.

That may sound strange to experienced dieters. Hasn't losing weight always been the only goal of our weight control efforts? Strange as it may sound, dropping pounds in itself probably will not bring the long-term results we all are looking for. Instead, lost pounds usually find their way back again and again unless we have armored ourselves with new lifestyles.

The key to success is to focus on learning new behaviors. If we have difficulty maintaining a healthy weight, we need to make nutrition and exercise an avocation. Learning what is good for our bodies takes time and concentration every day. But we don't want it to become an obsession. That can be self-defeating.

A successful program will give us the knowledge, understanding

and confidence we need to manage ourselves in a day-to-day lifestyle that will allow us to maintain the weight we choose.

A supervised weight loss program is proving to be your best bet for success. Only in such a setting will you have the resources for re-educating yourself and support for searching out new patterns for living. Ask your doctor to recommend one. Many hospitals have excellent programs. A good program will offer a free orientation session; attend and see if the program philosophy and approach meshes with your personality and goals.

Beware of programs that sound too good to be true. They probably are. The promises we see advertised on the backs of tabloids are ones that cannot be delivered. Getting in shape is a long-term project and it takes time and experience.

There are certain elements all good programs should have. Look for:

•A long-term approach. A program should focus on teaching skills and habits that you can continue to use for the rest of your life.

•Individualized attention. The best programs offer group education, then individualize that education through one-on-one sessions. The dietary counselor or behaviorist can help you confront the habits defeating you, and help you find reasonable, "doable" new habits. He or she should be able to help you pinpoint minor changes (like switching from sugar in your coffee to saccharin) and major changes (like switching from fried foods to baked or broiled entrees) that will set you on the road to success. He or she also can adjust the program to fit your current needs and help you to balance your metabolic checkbook with physical activity and decrease dietary fat.

•Complete education. If healthy eating is difficult for us, we need to attain almost a nutritional level of understanding of food values. Then we can make educated decisions about what we eat, taking into consideration how it fits into our total nutritional picture.

•Physical activity. Being active is as important as changing what we eat if we want to shape up. The program should help you find a "doable" exercise regimen, one that you can incorporate into your schedule and keep up.



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## Design trend moves toward keeping rooms open, sunny

By Lucyann Boston  
Staff affiliate

City dwellers and country residents alike are following the sun and looking for wider, open spaces.

From owners of older homes in the heart of St. Louis to buyers of new homes in the country, keeping rooms open, airy and sunny has become a main concern, say local interior designers.

"People today want brighter, more open interiors," said Nancy Bridwell, president of the Missouri East Chapter of the

American Society of Interior Designers. "They may request that one room be cozy and intimate. But for the most part they don't like to be closed up when they go home. I think it's because a lot more people are closed up in offices during the day."

The desire to let the light shine in has led to new trends in window dressing, said Bridwell, whose firm, Bridwell Interior Design, is in Jefferson County.

"People aren't using heavy fabrics on their windows. They're using blinds or shades that can be open during the day

and closed for privacy at night," she said.

That move away from heavy draperies also reflects a desire to relax and unclutter life at home, says Lynne Constance, a designer for Brussatti Interiors Inc. in Belleville.

"Especially in rooms designed around a casual lifestyle, you don't want to come in and decorate with a lot of heavy draperies," she said. "You want the room to have a light, airy feeling."

In addition, Bridwell said, the high cost of fabrics and the vast amounts needed for draperies

are leading people to look for alternatives.

Both interior designers emphasize that creating beautiful rooms does not require the most expensive furnishings or tossing out what you already own.

"Everyone thinks that a designer is going to come in and start throwing everything away," Constance said. "That's rarely necessary. You can pull a lot of color, design and accessories."

Bridwell sees people bringing a touch of the country into whatever period or style the home already reflects.

"Even if they live in the city, they're bringing in vines and wicker," she says. "The eclectic look (the idea of mixing things from different styles and periods) was an important trend several years ago. The eclectic look has always been there but calling it a trend made people feel better about what they were already doing."

While antiques traditionally have been considered an important ingredient in the eclectic look, they have become so expensive that many people "have a hard time justifying the cost in relation to all the other

things they need for their home. It's hard for people to justify putting \$3,000 or \$4,000 into just one piece."

As an alternative, Bridwell suggests looking into reproductions of antique pieces, which are currently being produced by a number of furniture companies, or purchasing good used furniture through estate sales and consignment shops.

"While a piece might not be a true antique, it's still good furniture," she said. "There's nothing wrong with buying a 50-year-old dining room set that's in beautiful condition."

## Personal style expressed through furnishings

By Lenore Pepper  
American Society of Interior Designers

Self-expression and a passionate desire to reflect individuality are motivating forces in decorating today. Consumers are striving to personalize their interiors and manufacturers have responded by offering them a diversity of choices.

If ever in our history we were able to cherry-pick from a smorgasbord of home furnishings, it is in 1988. Creative talents and advanced technology offer good design at all price points, and there is something for everyone. Although mass production turns out many of the same pieces, individuality comes into focus with our choice of finish, color, trim or application of the pieces.

Furnishings represent a major investment. With good planning and an emphasis on quality, that investment will transcend time and change.

By choosing quality pieces, many choices are possible. The quality furniture designs of yesterday are still quality designs in 1988 and will probably be good in the year 2000. That rule applies no matter whether the furnishings are 18th century, Oriental, neo-classical, Italian, Southwest, country, contemporary or eclectic.

Major furnishings that are neutral in tone are the best choice for people who are mobile or who expect their lifestyles to change. Creative talents can update the color scheme without replacing big-ticket items like a sofa or wall-to-wall carpeting. Plus, there is the added benefit that the piece may increase in value as the artist becomes established.

What's new in home decorating? The collectibles—those wonderful accessories or paintings that complement our personalities while reflecting our personalities.

Most people today are looking to decorate with something that is uniquely theirs, something that expresses their individual styles. Collections, from crystal to paperweights to animal figurines, are popular because they accomplish just that. So does original art—and it does not have to cost a fortune.

An original painting by a young artist may not cost much more than a mass-produced picture. Plus, there is the added benefit that the piece may increase in value as the artist becomes established.

But be careful of the pitfall: collectible clutter. Make a conscious effort to avoid that as you incorporate these items into your decor. Remember that less is better and don't be afraid of

space. Space is a luxury.

A motivating force related to the interest in personalization is a desire for stability, spawned by the mobility of people today. This has given rise to the current popularity of antiques in decorating. Items from the past give us roots by providing a link with previous generations.

The interests of the well-formed consumer have made a profound mark on furnishings. The industry has responded to the consumer's call for variety, comfort, practicality, good design and competitive prices. Upholstery pieces are available for different age groups and they are carefully designed to meet their specific needs for comfort and style. The selection of factory-stocked fabrics is extensive. Choices of finishes and combinations on wood furniture abound. All of this and much more start the creative juices flowing and most certainly, provokes self-expression.

## Wallcovering: one term, thousands of products

Whatever your decor, there is a wallcovering to match. Buyers have literally thousands of choices of designs, textures and styles.

Wallcoverings can be grouped into several different types. Knowing the characteristics of each should help you make your selection.

**Foils:** These wallcoverings consist of thin sheets of foil that are glued onto some type of backing. The foil is very shiny and creates a mirror-type effect, but with a softer reflection.

**Foils are difficult to hang** since they wrinkle easily. A near-perfect wall surface required and lining paper is recommended.

**Foils also conduct electricity,** therefore, the foil should not come in contact with electrical wires.

When hanging a wallcovering, the electrical outlet plates are removed to put the wallcovering under the plate. If the foil comes in contact with the electrical wires, you can be shocked, so take precautions for safe clearance.

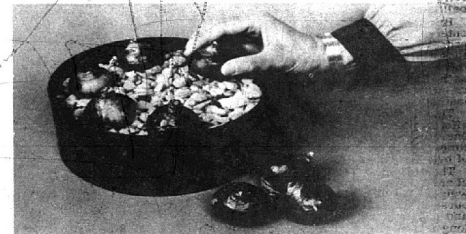
If you like the appearance of foil, you might consider using metallicized polyester instead of foil. Application is easier; and it does not wrinkle or conduct electricity.

**Grasscloths:** Grasscloth is made from natural grasses applied to a backing. Different types of grasses are used to make different grasscloth patterns. The grass itself is not very durable and is easily damaged by moisture. All grasscloths are best cleaned with a vacuum cleaner.

**Mylars:** Wallcoverings made of Mylar consist of a paper or fabric backing with a coating that has a metallic look without metallic qualities. Mylar reflects light more softly than mirrors. Mylar wrinkles and scratches and is not as durable as some of the other wallcoverings. To hang Mylar, a lining paper should be used so that wall imperfections do not show through.

**Wallpapers:** Paper wallcoverings are not as durable as some of the others. The design is put directly onto paper.

(See WALLS, page 28)



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## Check chairs for 'fit' comfort

Like clothes, chairs and sofas are most comfortable if they fit their users. It is possible for a chair or sofa to provide adequate support for one person, yet be totally or partially inadequate for another.

When the chair or sofa fits correctly, you are comfortable and relaxed. Before purchasing a piece of furniture, consider these factors:

**Seat position:** The seat can be evaluated from different perspectives: the height, depth, width, slant and contour. The height is the distance from the chair seat to the floor. Your feet should reach the floor comfortably, and not dangle.

The depth is the distance from the front of the chair or sofa seat to the back. For kitchen-type chairs, the best depth for most people is around 16 inches; and for other chairs, around 20 inches. If you are tall or long from the knees to the hips, you may need a deeper seat. The seat depth determines to a large extent the support you get from the chair back. If the depth is too short, you will get back support but not knee support. If too long, you will not get back support and there will be pressure under your knees.

The width is the distance from one side of the seat to the other.

The seat should be wide enough so you can move easily without falling off either side. The seat should be designed so that your body weight is centered on the seat.

The seat slant is the change in angle from the front of the seat to the back. Proper slant helps keep you from slipping off the chair or sofa. A slant 1/4 to 1 inch lower at the back will hold you in the seat.

The seat contour is a feature found on hard-surface seats only. This is the area where the seat is not totally flat. The seat contour is designed so that when you sit in the chair, the weight of the body is in the middle of each buttock and the center of the back. Make sure the contour is comfortable for you.

**Back position:** The chair or sofa back should give you good shoulder support for comfort. To evaluate back comfort, look at the height, slant and scoop of the chair or sofa back.

The chair or sofa back height is the distance from the bottom of the chair back to the top. The back should be high enough to support the shoulder blades. You can tell poor shoulder support when you feel pressure across the shoulder blades, which can make the neck ache. If you want to be free to use your arms for

typing or sewing, you may want the back height to reach just below your shoulder blades. For relaxation, however, a back height three inches higher than shoulder blades is quite comfortable.

The chair or sofa back slant is the angle change from the bottom to the top of the back. Your body should angle 90 degrees or more for comfort, with good support at the lower back. The lower back of the chair or sofa should roll forward, and the top should angle back.

The back chair scoop allows your shoulder blades to roll slightly forward. If the scoop is too extreme, the shoulders roll forward too much, causing muscle strain.

**Arm position:** If there are armrests, they should be high enough to rest your arms comfortably. Your forearms and elbows should be fully supported. If there is lack of elbow support, then you are generally sitting in a round-shouldered position. If the armrests are too low, your elbows do not reach the armrests. If the armrests are too high, your shoulders are pushed up and forward, creating stiffness across the shoulders and the neck.

## Scheduling crucial factor in planning

In this day of busy lifestyles, a miscalculation in the scheduling of a home improvement project can have a disruptive effect on the entire family.

A vacation may need to be canceled, daily living schedules readjusted or the work delayed. For that reason, it is important to have a general idea of how much time should be allowed for any project you are considering.

One of the first things you must realize is that the busy season in home remodeling runs from April through November. If you contact a remodeler in January, you probably will receive attention fairly quickly. However, if you call during the warmer months, a time when the remodeler is likely to be backlogged, it is only fair to expect some delay.

Another consideration to keep

in mind, when it comes to setting a time frame, is how you plan to pay for your improvement. Payment in cash transactions can save you at least a week because the paperwork and approval time involved in contractor-assisted financing often takes at least that long.

The next, and most important, factor to consider is the project itself. Below is a list of some popular home improvements and the amount of time usually required for completion:

- Exterior siding (full house): seven to 10 days.
- Non-custom kitchen remodeling (such as simple replacement of cabinets, counter-tops and appliances): seven to 10 days.
- Custom kitchen remodeling: eight to 15 days.
- Cabinet fronts: 1 to 3 days.
- Thermal replacement win-

dows: one to three days.

•Room addition, rathskeller: three weeks or more.

Note that these time frames are just averages. A project can be delayed by many different factors, including changes in the contract, changes in design or unfavorable weather. However, they are good guidelines to go by when developing a scheduling strategy.

When considering improvements, you will also have to take into account the time it takes to locate contractors and select the one you are most comfortable with. This is an important decision that should not be rushed.

This article is by Ralph E. Kaufman, president of REK Industries. Kaufman was recently named 1988 U.S. Small-Business "Person of the Year" for Missouri.

## Forcing begins now for holiday hyacinths

Dutch bulbs are available from garden centers around the country as well as mail orders. While gardeners have until the first frost to plant many different varieties of bulbs, those who wish to have an indoor hyacinth garden by Christmas do not have the luxury of procrastination.

Hyacinths must be put in cold storage by mid-September at the latest for blooming to begin around Dec. 22.

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## IMPORTANT NOTICE!

### MADISON COUNTY RESIDENTS

You may be eligible to participate in the Illinois Residential Affordable Payment Plan (IRAPP) program. IRAPP is a way low income utility customers can lower their winter heating bills without being shut off by the utility company.

### HOW MUCH DO YOU PAY UNDER IRAPP?

During the winter months (December 1 thru April 30) you pay:  
8% of your monthly household income to the utility supplying your heat (usually gas); and  
4% of monthly household income to the utility providing your secondary service (usually electric).

### EXAMPLE:

You heat with gas and your gross monthly income is \$375. You pay \$30 to the gas company and \$15 to the electric company. If you make these payments, by the due date, your GAS AND ELECTRICITY CANNOT BE SHUT OFF.

During the summer months (May 1 thru November 30) you pay either 12% of your monthly household income or the current bill whichever is greater.

### HOW DO YOU QUALIFY FOR IRAPP?

If you are a customer of a regulated utility company and you are eligible for IRAPP (Illinois Home Energy Assistance Program) you can qualify for IRAPP. The regulated utility companies in the Madison County area are Illinois Power and Union Electric.

Family Size	Monthly Income
1	\$573.00
2	\$771.00
3	\$968.66
4	\$1,166.66
5	\$1,364.66
6	\$1,562.66

### WHERE DO YOU SIGN UP FOR IRAPP?

During the period of September 1 thru October 30 residents of Madison County, Illinois may apply for IRAPP at the following locations:

Madison County Energy Assistance Local Administering Agency 201 Hillshire, Edwardsville, IL 62025 (618) 492-3200, Ext. 3105 Tuesday, Wednesday and Thursday 8:30 a.m.-3:00 p.m.	Madison County Urban League 210 William, Alton, IL 62002 (618) 463-1906 Tuesday 9:00 a.m.-3:00 p.m.	Madison County Urban League 80 Circle Dr., Venice, IL 62090 (618) 877-8860 Tuesday 9:00 a.m.-3:00 p.m.
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**SIGN UP FOR IRAPP NOW AND BE PREPARED TO PAY LOW UTILITY PAYMENTS THIS WINTER.**

## •Walls

(Continued from Page 1B)

To make the paper washable, a thin coat of vinyl is applied over the surface.

Vinyls: Vinyl wallcoverings are the number-one choice of consumers. They consist of polyvinyl chloride laminated to some type of backing.

The vinyls are generally durable, stain-resistant, easy to clean, and come in various designs and textures. Many are scrubbable.

All wallcoverings have some type of backing. Backings come in three types: fabric, non-woven and paper.

**Fabric Backing:** Fabric backing is preferred over the other types because it is stronger and does not stretch out of shape.

**Non-Woven Backing:** Non-woven backing consists of fibers matted together. It is strong and the wallcovering is not likely to stretch out of shape. Many of the

prepared wallcoverings come with non-woven backing. Paper Backing: Paper backing is harder to work with than the other two types. Pre-pasted wall-

coverings also come with the paper backing. Cleaning considerations are also important when buying wallpaper.

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## KISS TWO MILLION BUCKS GOOD-BYE.



On October 3, 1988, the Two Million Bucks Instant Game officially comes to an end. Which means that very soon, at the grand prize drawing, one lucky person out of seven finalists will win the two million dollars.

It's all set to happen at 12:45 p.m. on November 1st Chicago State University's Breakaway Auditorium at 9500 South King Drive.

Of course, the other six finalists won't

leave empty handed. Each runner-up will receive either a \$100,000, \$15,000 or \$10,000 prize.

And even if you weren't one of the finalists, you can still send in your winning entry tickets. Because even though the game ends October 3, they're good for the next drawing. (For more information, consult the back of the ticket.)

## THE TWO MILLION BUCKS INSTANT GAME ENDS OCTOBER 3, 1988.

All winning Two Million Bucks tickets must be submitted by October 3, 1989.

\*The Two Million Bucks Grand Prize is to be paid over 20 years at \$100,000 a year.

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# All-star cast of 'Mr. North' brings style to period film

By Harry Hamm  
Staff affiliate

Movie goers last saw actor Anthony Edwards ejecting from the back seat of a U.S. Navy F-14 Tomcat in "Top Gun." Edwards played hot-shot pilot Tom Cruise's radar intercept officer, the guy who sits behind the pilot and plots the courses of the F-14's deadly arsenal.

In the new film "Mr. North" (3½ stars) based on Thornton Wilder's book of the same title, Edwards plays Theophilus North. North is anything but deadly. But he has an amazing gift for having static electricity radiate from his fingers.

This natural magic complements the young Yale graduate's equally electrifying ambitions for wealth as he quietly invades hoity-toity Newport, R.I., during a balmy summer in the 1920s, claiming to be a tutor. North dresses and acts the role, revealing little of his true self and a lot of a man who really does not exist, a kind of poor man's Jay Gatsby without the impenetrable demeanor.

Unfortunately, Edwards, much like the character he plays, is no

genuine prize. Edwards is too self-conscious to be authentic.

At any rate, North enters a genteel world of superficial feelings and deep pockets in Newport. He moves with relative ease among the moneyed: Fooling most, maddening some and making everybody realize they are observing an original.

"Mr. North" was directed by Danny Huston, the son of the late actor and director John Huston. As a director, the younger Huston has a good eye for making a period film, but he is short on the editing qualifications for the work.

Huston's older sister, Anjelica Huston, is part of an all-star cast that features Harry Dean Stanton, Virginia Madsen, Mary Stuart Masters, Tammy Grimes and Robert Mitchum.

Mitchum joined the cast to replace John Huston, who died Aug. 28, 1987, at age 81.

"Mr. North" is an amiable, well-dressed, humorous, romantic and occasionally stirring period piece.

Rated PG for mildly adult theme. Running time: 92 minutes.



ANJELICA HUSTON dances with Anthony Edwards in 'Mr. North,' a humorous film directed by her brother, Danny Huston, and set in the 1920s.

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## Fall leaves should be colorful

By Shawn Candela  
Staff affiliate

Dry weather won't hurt the beauty of popular tourist attractions such as the Great River Road in Alton, a scenic stretch of highway known for the kaleidoscope of colors offered by trees in the fall, a state horticulturist says.

According to Charlie Giedeman, director of Belleville Area College's Horticulture Department, the leaves should still be

colorful—despite the lack of water.

"If it stays mostly on the dry side now, we should have a very colorful fall," he said.

Giedeman said it would be better if we don't get much moisture now, because it's too late.

"Moisture is necessary to make leaves colorful, but too much moisture could fool the trees and keep the leaves from changing colors," he said.

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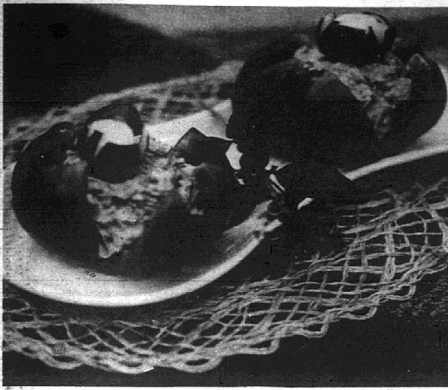
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Any senior bowling three (3) different times during October in open play at the days and hours listed below is eligible to receive a FREE Full Color Family Portrait from Sears Portrait Studios (regularly \$15.00).  
Bowl as much as you want during the days and times listed below and pay just \$1.00 for bowling and shoe rental.  
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## Around the kitchen



A TOMATO FLOWER with tuna salad makes lunch more than just delicious. It becomes an attractive, heart-healthy way to eat in elegant style.

## Flowery tuna salad wins heart-y contest

By Janice Denham  
Food editor

The American Heart Association Food Festival comes to a delicious end with two winning recipes in the entree and salad categories. The contest was sponsored by the St. Louis chapter of the AHA, Suburban Journals and Schnuck Markets.

Darlene Corwin, Belleville, dresses up simple seafood in Tuna Tomato Flower Salad, while Barbara Buchanan, north St. Louis County, modifies a hearty recipe for "Tis-Me-Own Riganoni" with low-fat cheeses and ground turkey.

The winners emphasized foods with less fat and cholesterol. They expertly avoided some pitfalls that plague less heart-healthy eating styles.

Corwin explained in her entry that putting the tuna salad in a tomato can replace bread for a sandwich. The recipe contains no eggs, while lettuce, peel and dill weed add subtle flavor to replace salt. Reduced-calorie mayonnaise and low-fat yogurt cut fat in the salad, too. The salad can be placed in green peppers for an alternative presentation as beautiful as the tomatoes, or sandwiched on whole grain bread.

She submitted it as an appetizer or snack, as well as a vegetable side dish or salad, but it easily can be used as an entree as well for an equally delicious treat.

Buchanan's recipe for rigatoni is an ideal example of how low-fat and economical ground turkey substitute perfectly for other traditional protein foods. The tomato sauce tastes the same as when made with beef, full of the simmered ingredients that make it truly Italian. She used salt-free canned or fresh tomatoes. The filling cuts egg yolks in half.

uses cottage cheese and other cheeses with less fat than the original recipe.

It is a recipe that is filling and offers 12 servings. It reheats satisfactorily in a microwave oven if baked ahead of time.

In judging several hundred recipes submitted in six categories, judges looked to commend those that followed principles, like reduced fat and cholesterol, broiling instead of frying, reduced egg yolks, minimal salt, that would appeal to anyone seeking a healthier way of eating over a lifetime.

**Tuna tomato flower salad**  
Winner  
salad category  
4 large tomatoes  
(See TUNA, Page 2C)

## ADVERTISING Accidental Discovery May End Obesity

Blocks calorie absorption  
SWEDEN—Medical researchers at the University of Kuopio, in Finland, have discovered (accidentally) a new weight-loss formula. The new discovery enables an overweight individual to lose pounds and fatty tissue without dieting or exercise.

Scientists made the discovery while searching for a formula to lower cholesterol. In a controlled study of a test group of people, cholesterol levels remained unchanged but the doctors were astounded to find that every patient who used the formula lost weight. The published report of the study stated, "A highly significant decrease in body weight was seen" in patients who received the formula.

The formula was then tested in Sweden at Sahlgren Hospital, University of Gothenburg. Again, all patients lost a substantial amount of weight even though they did not change their eating habits. The report detailing this study, published in the British Journal of Nutrition, stated: "Body weight was significantly reduced even though the patients were specifically asked not to alter their dietary habits." One patient in this study lost more than 30 pounds.

According to one informed source, the active ingredient comes from a 100% natural botanical source and contains no drugs or stimulants. When taken before meals, it bonds with the food you eat and "ties up" calories, preventing their absorption.

A substantial portion of the calories ingested therefore pass through the digestive system unabsorbed. The body has to get energy to replace the lost calories, so it starts to burn stored fat. The result is rapid body weight loss. Extensive clinical tests have verified the safety of this formula for long-term use.

The formula is marketed in tablet form in the United States under the trade name Cal-Ban 3000. A firm located in Tampa, Florida, has exclusive North American distribution rights. A review of the customer files of this company revealed the names of hundreds of people who have lost up to 10 pounds the first week and as much as 20, 40 or 60 or more pounds overall with Cal-Ban 3000. This is a golden opportunity for people who are plagued by fat and cellulite that they can't seem to lose by conventional methods.

Cal-Ban 3000 is reasonably priced at \$19.95 for a 3-week supply and \$38.95 for a 6-week supply. Postage and handling is \$2. To assure fastest service, orders are accepted by toll-free phone only. VISA, MasterCard, Amex and C.O.D. orders are accepted. C.O.D.'s are \$2.00 extra. Orders may be placed by calling Anderson Pharmaceuticals TOLL-FREE 1-800-422-1888. During this special phone order promotion purchasers of a six-week supply of Cal-Ban 3000 will receive, absolutely free, a beautiful 24" double strand necklace of sparkling Chinese faux pearls.

Call today to begin the pleasant transformation from fat and flab to the slender firm body you want! If you fail to achieve a major weight loss you may return the empty bottle for a 100% refund.

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## NOTICE OF CLOSURE

A plan to close the Betty Tar and Chemical Corporation hazardous waste storage area and waste pile facility located Granite City, Illinois, has been submitted to the Illinois Environmental Protection Agency (IEPA) pursuant to Subpart G of 35 Ill. Adm. Code 720. The site is a manufacturing facility for creating and coal tar products. The hazardous waste management facility is a stockpile area for hazardous waste tank and tank cleanings containing creosote and a container storage area for on site waste water treatment sludge containing creosote. Betty Tar and Chemical shall continue operations at this location following closure of the hazardous waste management unit described in this notice.

At this time the IEPA is also requesting that the facility provide information concerning any prior release of hazardous waste constituents from any solid waste management facility on site. Interested persons are invited to submit comments or letters or request modifications of the plan or provide information on the release of hazardous waste constituents from the facility, within 30 days of the first publication date of this notice. Written comments must be addressed to the IEPA, Government & Community Affairs, Attn: Public Notice Clerk, 2200 Churchill Road, P.O. Box 10276, Springfield, Illinois 62794-0276.

The site must be closed in accordance with the standards set forth in the Environmental Protection Act, Ill. Rev. Stat., Ch. 117 1/2, Pars. 1001 et seq., and regulations adopted thereunder. The proposed closure plan, closure performance requirements and other documents are available for inspection and may be copied at a cost per page. A page at the IEPA's Springfield headquarters.

An appointment to inspect the proposed closure plan must be made in advance by contacting the Division of Land Pollution Control, Freedom of Information Act (FOIA) office at 2200 Churchill Road, P.O. Box 10276, Springfield, Illinois 62794-0276, 217/782-6700.

In response to requests or at the discretion of the IEPA, a public hearing may be held to clarify one or more issues concerning the closure plan. Public notice will be issued 30 days before any public hearing. BR: mtr/272/05-90



# Recipes

## Mediterranean pepper salad

2 cloves garlic, minced  
1 tsp. crushed red pepper  
1 tsp. chopped fresh or 1 tsp. dried basil  
1 tsp. salt  
1/2 cup white wine vinegar  
1/2 cup olive oil  
4 red bell peppers, roasted, peeled, sliced  
1 1/2 cups pitted ripe olives  
6 oz. green beans, steamed  
6 oz. feta cheese, sliced or crumbled

Mix garlic, pepper, basil, salt and pepper. Whisk in oil. Pour over peppers, olives and beans. Marinate at room temperature 2 hours or in refrigerator overnight. Drain vegetables, reserving marinade. Arrange on platter with cheese. Pour marinade on top. Makes 4 to 6 servings.

Note: Broil peppers until well blistered and charred, turning frequently. Place in paper or plastic bag. Close tightly 10 to 15 minutes. Strip off skins.

## Very-special-person date cookies

1/2 cup butter or margarine, softened  
1/2 cup packed dark brown sugar  
1/2 cup granulated sugar  
1 egg  
1 tsp. vanilla  
2 cups flour  
1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1 1/2 cups chopped dates  
1 cup semisweet chocolate chips  
1 cup walnut pieces

In mixer bowl, cream butter, brown and granulated sugars, egg and vanilla.

Sift together flour, baking powder, soda and salt. Mix to blend with flour mixture. Stir in dates, chips and nuts.

For 2 large cookies, divide dough in half. Using moistened fingertips, press each portion of dough to 9-inch circle on greased baking sheet. Bake in 350° oven 12 to 15 minutes, until edges are golden.

Slide onto cooling rack. When cool, decorate as desired.

Makes 2 large cookies.

Note: For individual cookies, use 2 tablespoons dough per cookie. Flatten slightly. Bake 8 to 10 minutes at 350°.

Makes 2 dozen.

## Peanutty brownies

1 pkg. (23.5 oz.) brownie mix with chocolate syrup  
1 cup coarsely chopped salted peanuts  
1 pkg. (6 oz.) semisweet chocolate chips  
1 cup peanut butter chips (half 12 oz. pkg.)  
1 cup salted peanuts

Prepare brownie mix as directed on package except stir chopped peanuts into batter. Bake as directed.

Immediately sprinkle chocolate chips and peanut butter chips evenly over hot brownies. Let stand 2 to 3 minutes until chips are softened. Swirl with knife. Sprinkle with salted peanuts. Cool.

Cut in 2-inch squares. Makes 24 brownies.

## Microwave fancy burgers

1 lb. lean ground beef  
1/2 cup dry bread crumbs  
2 tsp. nonfat dry milk  
1/2 tsp. oregano  
1/2 tsp. basil  
1/2 tsp. garlic powder

1 medium onion, thinly sliced  
1 green pepper, cut in strips  
2 stalks celery, sliced  
3 or 4 mushrooms, sliced  
1 carrot  
1 tsp. fresh parsley, chopped  
1 (8 oz.) can tomato sauce  
1/2 cup wine

## Vegetable burger

1 medium onion, thinly sliced  
1 green pepper, cut in strips  
2 stalks celery, sliced  
3 or 4 mushrooms, sliced  
1 carrot  
1 tsp. fresh parsley, chopped  
1 (8 oz.) can tomato sauce  
1/2 cup wine

## Italian burger

1 cup bottled spaghetti sauce  
1 (4 oz.) can sliced or chopped mushrooms  
1 small onion, thinly sliced, separated in rings  
1/2 tsp. oregano  
1/2 cup shredded mozzarella cheese

## Oriental burger

1 green pepper, cut in strips  
1 cup pineapple chunks, packed in juice  
1/2 cup pineapple juice  
2 tsp. sodium reduced soy sauce

Combine beef, bread crumbs, dry milk, oregano, basil and garlic powder. Mix well. Shape in 4 or 5 patties. Place burgers in microwave-safe dish. Microwave on high 1 minute.

Combine topping ingredients of choice. Pour over partially cooked burgers. Cover and simmer at medium-high 3 to 4 minutes. Makes 4 to 5 servings.

## Cobb salad

1/2 cup Italian salad dressing  
1/2 cup (1 oz.) crumbled blue cheese  
6 slices crisply cooked bacon, crumbled  
2 medium tomatoes, seeded, chopped  
2 cups chopped, cooked turkey or chicken  
1 (15 oz.) can red kidney or red beans, drained  
2 hard cooked eggs, sliced  
4 cups shredded lettuce

Combine salad dressing and blue cheese. Mix well. Chill until ready to use.

Arrange bacon, avocado, tomatoes, turkey, beans and eggs in rows on lettuce-lined 12-inch round platter.

Just before serving, pour prepared dressing over salad. Toss.

## Tuna

(Continued from Page 1C)

1 (6 1/2 oz.) can low-sodium, water-packed tuna, drained, flaked  
1/2 cup chopped onion  
1 tsp. dried parsley flakes or 2 tsp. fresh parsley  
1 tsp. fresh parsley  
1 tsp. dried basil or 2 tsp. fresh basil  
1 tsp. Italian seasoning  
1 (1 1/2) can (2 cups) salt-free tomatoes or 2 cups fresh tomatoes, seeded  
2 (6 oz.) cans (1 1/2 cups) tomato paste (no-salt added)  
1 tsp. anise seed  
Pepper to taste  
10 oz. rigatoni or lasagna noodles, uncooked  
3 cups low-fat cottage cheese  
1 whole egg plus 1 egg white, beaten  
2 tsp. dried basil  
2 tsp. pepper  
2 tsp. parsley  
1/2 cup parmesan cheese  
Thin slices mozzarella cheese to taste

Place uncooked tomatoes stemmed down on cutting board. Cut in 5 or 6 wedges, cutting to but not through bottom of tomato to form flower shape.

Toss together tuna, onion, celery and red pepper in bowl. Set aside.

In another bowl, mix salad dressing, yogurt, milk, lemon peel and dill weed. Mix tuna with dressing until combined. To assemble, fill each tomato with one-fourth of mixture. Put one cherry tomato on top for garnish. Chill.

Makes 4 servings; 100 calories, 79 mg. sodium, 3 gm. fat and 28 mg. cholesterol each.

## Tis-me-own rigatoni

Winner

entree category

1 lb. ground turkey  
No-stick cooking spray plus 1

1/2 tsp. extra virgin olive oil  
1 clove garlic, crushed  
1/2 cup chopped onion  
1 tsp. dried parsley flakes or 2 tsp. fresh parsley  
1 tsp. fresh parsley  
1 tsp. dried basil or 2 tsp. fresh basil  
1 tsp. Italian seasoning  
1 (1 1/2) can (2 cups) salt-free tomatoes or 2 cups fresh tomatoes, seeded  
2 (6 oz.) cans (1 1/2 cups) tomato paste (no-salt added)  
1 tsp. anise seed  
Pepper to taste  
10 oz. rigatoni or lasagna noodles, uncooked  
3 cups low-fat cottage cheese  
1 whole egg plus 1 egg white, beaten  
2 tsp. dried basil  
2 tsp. pepper  
2 tsp. parsley  
1/2 cup parmesan cheese  
Thin slices mozzarella cheese to taste

Spray large skillet with no-stick spray. Heat. Then add olive oil. Add crushed garlic and onion. Sauté briefly. Add turkey. Brown slowly, stirring.

Add parsley, basil, seasoning, tomatoes, tomato paste, anise and pepper to taste. Simmer, uncovered, 45 minutes to 1 hour, until sauce is thick, stirring occasionally.

Cook noodles in boiling water, having added 2 or 3 drops olive

oil, until al dente. Drain. Rinse in cold water.

Combine cottage cheese with eggs, basil, pepper, parsley and parmesan cheese.

Place layer of sauce, then half the cooked noodles in 13-by-9 inch baking dish. Spread half cottage cheese mixture on top.

Add rest of noodles, then rest of cottage cheese mixture. Top with layer of sauce and slices mozzarella cheese. Bake at 375° for 30 minutes. Let stand 15 minutes before cutting.

Note: Can be microwaved, rotating once, until sides bubble. Makes 12 servings; 200 calories, 431 mg. sodium, 8.7 gm. fat and 44 mg. cholesterol each.

Tis-Me-Own Rigatoni freezes well. Ingredients can be placed in two 8-inch square dishes for separate servings.

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<b>BIG PAK LARGE BOLOGNA</b> lb. <b>\$1.09</b>	<b>NEW CROP SWEET POTATOES</b> 3-lb. Pkg. <b>\$1.00</b>
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**FRESH TURNIP, MUSTARD OR COLLARD GREENS** 2 Large Bunches **\$1.00**

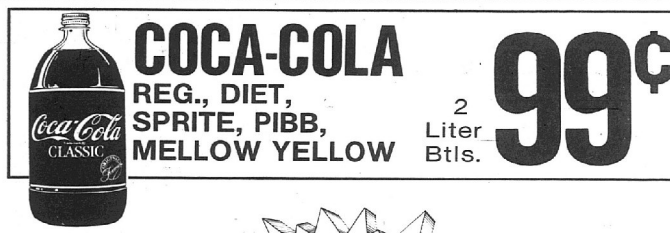
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**GRADE 'A' JUMBO EGGS** Doz. **49¢**  
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**RICH CHOCOLATE GOODNESS** goes into 'scratch' desserts that exemplify traditional desserts ready microwave-fast.

## High-tech chocolate desserts exemplify bake-and-go style

If the convenience of a microwave oven has invaded the cook's consciousness, here at last is an answer to one of her classic dilemmas, a classic "from-scratch" chocolate cake made in a microwave.

Homemade microwave layer cakes often make big promises, but end up tough, dry, spongy or flavorless. By following the simple directions for High-Tech Chocolate Cake, the results will be a moist, tender and truly chocolatey cake in minutes.

A good rule-of-thumb to ensure a tender microwave cake texture is to use the recommended size baking dish and avoid overbaking. Unlike traditional cake, microwave versions still may appear slightly moist on top when done. This is normal. Another hint is that cake flour results in a slightly more tender product than all-purpose flour. Finish this beauty with generous swirls of Easy Cocoa Frosting.

If cheesecake is a household favorite, Contemporary Cocoa Cheesecakes are perfect for dessert. This terrific make-ahead recipe offers classic results using a modern approach. Individual portions are baked in paper-lined muffin cups in a microwave in minutes.

### High-tech chocolate cake

- 1/2 cup cocoa
- 1/2 cup hot water
- 1 cup cake flour or 1/2 cup plus 2 tbs. all-purpose flour
- 1 cup sugar
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup plus 2 tbs. oil
- 1 egg
- 2 tsp. vanilla
- 1 Easy cocoa frosting

Grease 7- or 8-inch round microwave-safe baking dish. Line bottom with waxed paper. In microwave-safe bowl, combine cocoa and 1/2 cup hot water. Microwave on high 30 to 40 sec-

onds or until very hot and slightly thickened. In medium bowl, combine flour, sugar, baking soda, baking powder and salt. Add oil, 1/2 cup

hot water, egg, vanilla and chocolate mixture. Beat with spoon or whisk 40 to 50 strokes or until batter is smooth. (See CHOCOLATE, Page 6C)

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Boneless Rolled  
**Pork Roast**  
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**ONE POTATO, TWO POTATO, FREE POTATOES**

5 LBS. POTATOES FREE WITH \$20.00 PURCHASE

## Turkey tops taste list

By Jacqueline Lankier  
Registered dietitian  
American Heart Association

Turkey no longer parades only during the holidays.

In fact, during the past decade, turkey consumption has increased 47 percent. Although much of this increase can be attributed to the growing availability of whole turkeys and turkey parts, the public is demanding more turkey for good reasons.

When the skin is removed, turkey is very low in fat and calories. A 3-ounce serving of skinless cooked breast offers only

119 calories and 1 gram of fat. The low-fat content makes turkey an excellent addition to a low-calorie, heart-healthy diet.

There is a cut of turkey for any method of cooking and type of cuisine. Turkey blends easily with spices, seasonings and sauces, making it a perfect substitute for other meats in favorite recipes.

Turkey breast meat substitutes well for veal or pork and dark turkey meat is a nice alternative for beef, lamb or duck. For instance, cubes of dark meat work well in beef stew recipes and cubed turkey breast is

(See TURKEY, Page 6C)

Has the one you love changed their feelings for you? Can you tell how to regain their love & if the one you love is true or false, I will help you with your love. Advice on love, business & all problems of love. I reunite the separated. I am a true psychic. Overcome unnatural conditions. Card Reading Come Today.

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BEER  
THE ONE FOR FUN.  
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REGULAR & DIET - SUNKIST ORANGE

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**HERSHEY'S**  
BIG BLOCK & KING SIZE  
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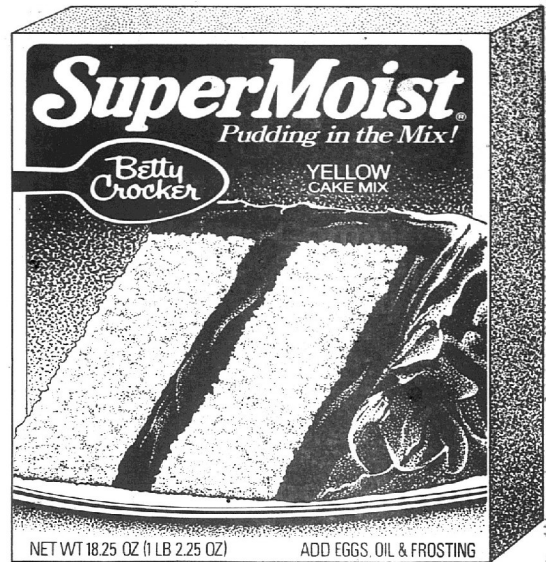
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Kingsize Lollipops, 12 oz.  
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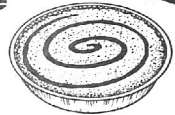
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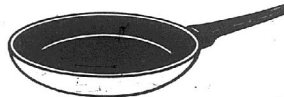
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## Recipes

### Curried chicken pocket sandwiches

- 4 chicken half breasts (1 1/2 lb.), skinned, boned, cut in 1 inch cubes
- 1 cup plain yogurt
- 1 tsp. curry powder
- 1 tsp. cumin seed
- 1 tsp. coriander seed
- 1 tsp. ginger
- 1 tsp. cayenne pepper
- 1 cup chopped tomato
- 1 cup chopped cucumber
- 1 cup chopped parsley
- 1 tsp. lemon juice
- 4 pocket breads, halved
- Alfalfa sprouts

In bowl, mix 1 cup yogurt, curry, cumin, coriander, ginger and cayenne pepper. Add chicken. Stir to coat. Cover. Refrigerate at least 1 hour.

Thread chicken on 8 skewers. Broil 4 to 6 inches from heat 3 to 4 minutes. Turn and cook 3 to 4 minutes longer or until meat is no longer pink when cut.

Stir together remaining 1/2 cup yogurt, tomato, cucumber, parsley and lemon juice.

Stuff pocket bread halves with alfalfa sprouts, vegetable mixture and chicken.

Makes 4 servings; 429 calories, 51 gm. protein, 44 gm. carbohydrate, 5 gm. fat each.

### Banana drop cookies

- 2 ripe, medium bananas, peeled
- 1 cup butter or margarine, softened
- 1 cup granulated sugar
- 1/2 cup brown sugar, packed
- 2 eggs
- 1 tsp. vanilla
- 2 cups flour
- 1 tsp. cinnamon, if desired
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup peanut butter chips

Remove fat and bone from pork steaks. Partially freeze pork to firm. Cut in thin strips.

Heat oil in wok. Add chili powder. Stir-fry pork strips half at a time in hot oil in wok until pink color disappears. Season with garlic salt.

Add peppers. Stir-fry 4 minutes. Combine water and cornstarch. Stir into pork. Add olives. Cook and stir until sauce is thickened.

Serve tortillas with pork mixture. Top with avocado wedges. Serve with salsa.

Makes 4 servings.

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Makes 4 servings.

### Spicy pork mexicali

- 2 pork steaks, cut 1/2 to 1 inch thick
- 1 tsp. oil
- 1 tsp. chili powder
- 1/2 tsp. garlic salt
- 2 small jalapeno peppers, seeded, finely chopped
- 1/2 cup water
- 1/2 cup cornstarch
- 1 cup sliced ripe olives
- 1 ripe medium avocado, peeled, pitted, cut in 8 wedges
- 1/2 cup sweetened flour tortillas
- Salsa, if desired

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## Turkey

(Continued from Page 4C)  
excellent for veal stew specialties. Ground turkey can replace ground beef in any recipe.

Care should be taken in recipe preparation to keep fat content low. Whenever feasible, remove the skin before preparation and always before serving.

When roasting a whole bird, place turkey on a rack to allow melted fat to drain into a pan. Always preheat the pan, broiler or oven before adding turkey cuts to preserve its natural juiciness. Exposing turkey cuts to direct heat seals the natural juices. Do not add fat. Instead, utilize non-stick skillet and pans. Try non-stick cooking

spray for pan broiling. Baste turkey with broth or juice in place of butter or margarine.

Like other foods which are high in protein and low in fat, such as fish, turkey is naturally quick-cooking. The golden rule of turkey cooking is never to overcook. Cook turkey just until done.

The following tests will help determine doneness and keep turkey delectably juicy:

•For white meat, small cuts and ground turkey, the thickest part will turn from pink to light gray in color.

•For larger cuts, such as boneless breasts and roasts, a meat thermometer should register

170° for breast meat and 180° for dark meat. Place thermometer in the deepest part, not touching bone.

•For bone-in parts, juices should run clear when meat is pierced in deepest part with a long-sharp knife.

The following recipe for Sloppy Joes calls for lean ground beef.

**Sloppy Joes**

- 1 1/2 lb. lean ground beef
- 1/2 cup finely chopped onion
- 1 tsp. packed brown sugar
- 1 tsp. vinegar
- 1 tsp. dry mustard
- 1 tsp. dry water
- 1/2 cup unsalted ketchup
- 2 hamburger buns

Brown ground beef with onion. Pour off fat.

Add brown sugar, vinegar, dry mustard, water and ketchup. Simmer over low heat 5 minutes or until warm.

Serve over hamburger buns split and toasted.

Yields 8 servings. Each provides about 240 calories, 5.5 gm. fat, 237 mg. sodium and 45 mg. cholesterol.

Reprinted with permission from the American Heart Association, Northeast Ohio Affiliate, Inc. "Cooking Without Your Salt Shaker."

Note: By substituting lean ground turkey for beef, fat per serving drops from 5.5 grams to 3.5 grams.

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## GC Olympian

STEVE TRITTSCHUH of the U.S. Olympic soccer team admires a 1988 U.S. Olympic Commemorative Silver Dollar at the Olympic processing center. A portion of the proceeds

from the U.S. Mint's \$1 silver and \$5 gold coins goes directly to U.S. Olympic Committee support of the athletes. Coin sales are expected to raise \$49 million for the U.S. athletes.

## GC players help MacMurray

MacMurray College of Jacksonville has been the beneficiary of four Granite City soccer players who have helped the Highlanders to a 4-1 start.

Among the contributors are Doug Partney, Bret Broadwater, Chris Hampsey and David Zukas.

Partney, a three-year starter, has assisted on one goal from his midfield-striker position.

"Doug brings us three years of college experience," said MacMurray coach Bill Killen. "That's important to us because we're such a young team."

Broadwater was a member of the Warriors' state championship team in 1987. He has been challenging for a starting position at midfield or forward and also has an assist.

"His consistency of play should earn him a starting role," said Killen. "He has a dangerous shot because of his powerful right foot. He figures prominently into our restart plays."

Hampsey played himself into a starting role at sweeper, "which is quite an accomplishment for any player at any level," said Killen.

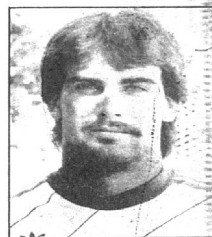
"He won the respect of our older players," Killen said. "His immediate contributions have given us early-season success. His assets are his leadership and playing experience."

Hampsey and Broadwater both missed the Highlanders' win over Parks College with injuries. Zukas was a prime candidate to start on the front line, but the freshman went down with a season-ending knee injury on the team's pre-season trip to South Carolina.

"We're looking forward to his contributions in the future," Killen said of Zukas. "We're going to miss his scoring potential."

"I feel very fortunate to have players from Southern Illinois contribute to the success of our program. Over the years the consistency of play of the Southern Illinois players has dominated the state playoff structure."

"I feel fortunate anytime I can recruit a Southern Illinois player because they can contribute immediately to our program. I hope to have many more players become interested in our program."



Bret Broadwater



Chris Hampsey



Doug Partney

## Ex-Warrior grid coach Williams takes SIUC job

Former Granite City High School football coach Wayne Williams is the new director of athletic development for the Southern Illinois University Foundation at Carbondale.

Williams, 53, resigned Wednesday as the director of St. Louis operations for the University of Illinois-Champaign Athletic Association, a job he had held since 1981. He resigned Wednesday to become director of athletic development for the Southern Illinois University Foundation at Carbondale. He will begin his

new job Oct. 1.

Williams follows in the footsteps of another famous area name connected with athletics at SIUC—former football Cardinal quarterback Jim Hart, who recently was named the Salukis' athletic director.

"Jim Hart is the big reason I'm coming back," Williams said. "I listened to his goals and what he wanted to happen at Southern, and it was what I wanted."

Williams is a native of DuQuoin and a two-degree grad-

uate of SIUC.

"We're very excited," said Rex H. Ball, president of the SIUC Foundation. "Wayne is one of those very qualified people in the field of development, and we're very pleased to have someone with his experience and success record with the foundation. He will make what is already an outstanding staff even stronger and more complete."

A recent athletic shakeup including charges of recruitment violations at the University of

Illinois has nothing to do with his move to SIUC-Carbondale, Williams said.

"Current problems there have nothing to do with it," Williams said. "I do feel a little bit bad leaving when they need me the most, but opportunities like this don't come every day."

Williams said he does not know whether the University of Illinois will fill his position, referring to a conversation he had with Ron Gunther, the uni-

(See WILLIAMS, Page 3D)

## Scoreboard

BOWLING SCORES	
Sept. 19	
Boys high series	
Tom Part Jr.	287
Mitch Fanning	235
Scott Johnson	205
Boys high game	
Terry Kreher	91
Robert Shipley	78
Paul Kacero	63
Girls high series	
Erica Graham	193
Laura Weissenborn	142
Lorelei Grider	142
Girls high game	
Kim Greer	74
Lori Kreher	58
Tiffany Harris	56
Prep Division	
Boys high series	
Jeffrey Henley	515
Christopher Rood	447
Shane McCallister	406
Boys high game	
Wayne Hagopian	173
Eric Vail	148
Ege Merz	134
Girls high series	
Crystal Timmons	431
Tammy Mendenhall	402
Theresa Dams	392
Girls high game	
Tori Part	163
Amanda Timmons	117
Penny Kreher	136
Junior Division	
Boys high series	
Keith Hendricks	548
Chris Campbell	479
Jason Rumpf	422
Boys high game	
Daniel Dover	197
Chris Henley	189
David Love	176
Girls high series	
Angela Franko	483
Chris Farris	393
Holly Harper	347
Girls high game	
Daria Bauer	159
Holly Mason	147
Kellie Frugty	140
Major Division	
Boys high series	
Derek Strong	505
Stacy Jackson	502
John Cozart	500
Boys high game	
Jason Stroud	208
Doug Buehrer	205
Darren Irb	204
Girls high series	
Cathy Sanderling	404
Terry Johnson	358
Scratch League (4 games)	
Boys high series	
David Chapman	875
Jason Stroud	846
Scott Mann	789
Boys high game	
Doug Buehrer	227
Jim Wonders	224
Bruce David	214
Girls high series	
Stacy Kukuljan	776
Terry Johnson	191
Sept. 17	
Bantam Division	
Boys high series	
Tom Part Jr.	356
Mitch Fanning	245
Paul Kacero	222
Boys high game	
Terry Kreher	106
Robert Shipley	96
Tim Wallace	89
Girls high series	
Erica Graham	214
Jondalyn Cozart	186
Holly Ryan	164
Girls high game	
Christian Grubbs	87
Chris Campbell	77
Lorelei Grider	70
Prep Division	
Boys high series	
Christopher Rood	464
Eric Vail	398
Robert Broadwater	370
Boys high game	
Jeffrey Henley	184

District 9  
K Corner

High school varsity  
sporting events cancelled  
due to teachers strike  
(through Tuesday)

Football	4
Soccer	11
Volleyball	5
Golf	10
Tennis	8
Cross country	4

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P205/75R15	83.45	6.25	6.25	<b>\$70.95</b>
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P225/75R15	91.00	6.25	6.25	<b>78.50</b>
P235/75R15	94.45	6.25	6.25	<b>81.95</b>
P205/70R14	79.95	6.25	6.25	<b>67.45</b>
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P205/75R14 TIGER PAW AS BLK	<b>44.95</b>	L225/65R16/8P/L LANEOD RIB BLK	<b>66.95</b>
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## SPECIAL REPORT TO SMOKERS: NO. 2

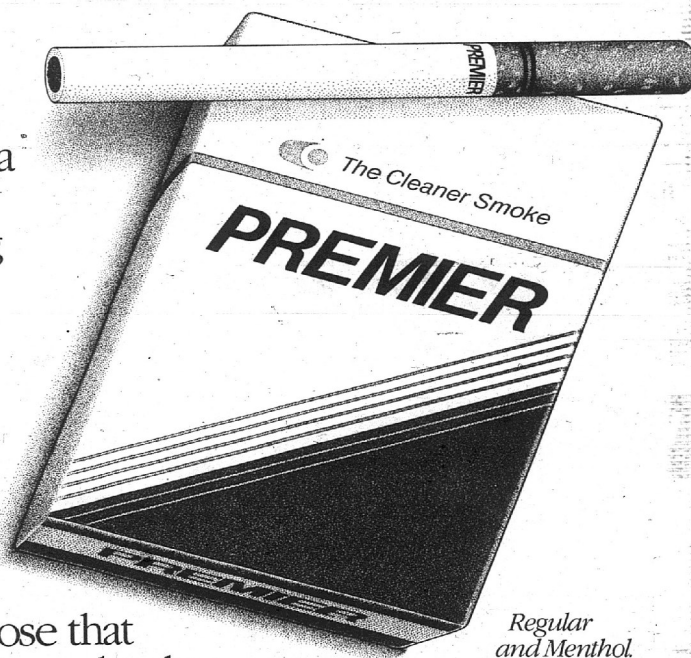
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